

RECIPE

Winter Crisp

Serves 6

Ingredients:

- ½ cup sugar
- 3 tablespoons all-purpose flour
- 1 teaspoon lemon peel, grated
- ¾ teaspoon lemon juice
- 5 cups apples, unpeeled, sliced
- 1 cup cranberries
- 2/3 cup rolled oats
- 1/3 cup brown sugar, packed
- ¼ cup whole wheat flour
- 2 teaspoons ground cinnamon
- 1 tablespoon soft margarine, melted

Directions:

1. To prepare filling, in a medium bowl combine sugar, flour, and lemon peel; mix well. Add lemon juice, apples, and cranberries; stir to mix. Spoon into a 6-cup baking dish.
2. To prepare topping, in a small bowl, combine oats, brown sugar, flour, and cinnamon. Add melted margarine; stir to mix.
3. Sprinkle topping over filling. Bake in a 375°F oven for approximately 40-50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.



Nutrition Facts

Serving Size: 1¾-inch by 2-inch piece

Calories: 284; Fat: 6 g; Saturated Fat: 1 g; Sodium: 56 mg; Cholesterol: 0 mg