

Winter Crisp

Makes: 6 servings

Ingredients

- 2 tablespoons** cinnamon
- 3 tablespoons** margarine
- 1/2 cup** sugar
- 3 tablespoons** flour (all purpose)
- 1 teaspoon** lemon peel (grated)
- 5 cups** apple (unpeeled, sliced)
- 1 cup** cranberries (fresh)
- 2/3 cup** rolled oats
- 1/3 cup** brown sugar (packed)
- 1/4 cup** whole wheat flour

Directions

Filling:

1. Combine sugar, flour, and lemon peel in a medium bowl and mix well.
2. Stir in apples and cranberries.
3. Spoon into a 6-cup baking dish.

Topping:

1. Combine oats, brown sugar, flour, and cinnamon in a small bowl.
2. Stir in melted margarine.
3. Sprinkle topping over filling.
4. Bake at 375 degrees for 40 minutes or until filling is bubbly and top is brown.
5. Serve warm or at room temperature.

National Heart, Lung and Blood Institute (NHLBI), Stay Young at Heart - Cooking the Heart Healthy Way Aim for a Healthy Weight

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	320	
Total Fat	7 g	11%
Protein	4 g	
Carbohydrates	62 g	21%
Dietary Fiber	6 g	24%
Saturated Fat	2 g	10%
Sodium	70 mg	3%

