

# Cinnamon-Apple-Berry Crisp

PREP TIME: 20 MIN START TO FINISH: 1 HR

- 6 cups sliced peeled apples (about 6 medium)
- 1 cup sweetened dried cranberries
- 1 teaspoon ground cinnamon
- 1 tablespoon lemon juice
- $\frac{3}{4}$  cup quick-cooking oats
- $\frac{3}{4}$  cup Gold Medal® all-purpose flour
- $\frac{3}{4}$  cup packed brown sugar
- $\frac{1}{2}$  cup butter or margarine, softened
- $\frac{1}{2}$  cup chopped walnuts
- Ice cream, if desired

1. Heat oven to 375°F. In large bowl, mix apples, cranberries, cinnamon and lemon juice. Spoon into ungreased 11x7- or 12x8-inch (2-quart) glass baking dish.
2. In large bowl, mix remaining ingredients except ice cream with fork until crumbly. Sprinkle over fruit mixture.
3. Bake 35 to 40 minutes or until apples are tender, juices bubble and topping is golden brown. Serve warm with ice cream. *8 servings.*

**High Altitude (3500-6500 ft):** Cut apples into thin slices.

**1 Serving:** Calories 410 (Calories from Fat 160); Total Fat 17g (Saturated Fat 6g; Trans Fat 0.5g); Cholesterol 30mg; Sodium 85mg; Total Carbohydrate 60g (Dietary Fiber 4g; Sugars 40g); Protein 4g **% Daily Value:** Vitamin A 10%; Vitamin C 4%; Calcium 4%; Iron 10% **Exchanges:** 1 Starch, 2 Fruit, 1 Other Carbohydrate, 3 $\frac{1}{2}$  Fat **Carbohydrate Choices:** 4