

Warm Baked Apple and Cranberry Crisp



This is a perfect dessert for the late fall and winter when the apples are crisp and the cranberries are tart.

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Ingredients

- **Filling**
 - 5 medium to large apples, cored and sliced
 - 1 cup fresh cranberries
 - 1/4 cup water
 - juice from one lemon or 1/2 an orange
 - 3 tablespoons sugar
 - 2 tablespoons all-purpose flour
 - 1 1/2 tsp. your best cinnamon
 - 1/2 tsp nutmeg (optional)
- **Topping**
 - 1 cup rolled oats
 - 3 tablespoons brown sugar
 - 1/4 cup all-purpose flour
 - 1 1/2 tsp. your best cinnamon
 - 4 tablespoons butter
 - 2 tsp. honey
 - pinch of salt

Instructions

1. Heat oven to 375 degrees
2. Combine apples and cranberries in a large bowl with water, lemon or orange juice, sugar, flour, cinnamon, and nutmeg and toss to coat the fruit.
3. Combine topping ingredients in a separate bowl and stir to form a crumbly mixture.
4. Spray a 9"x9" baking dish with non-stick spray and add the fruit mixture to the dish.
5. Sprinkle crumb mixture on top
6. Bake 35-40 minutes, apples should be tender.

Nutrition Information

Serving size: 8 Calories: 230 Fat: 6.5 Saturated fat: 3.8 Trans fat: 0 Carbohydrates: 43 Sugar: 26 Fiber: 5 Protein: 2

Recipe by MyRD Nutritionist at <http://myrdn.com/cranberry-apple-crisp/>