



Cran-Apple Crisp

Servings 8 | Prep time 15 mins. | Total time 50-60 mins.

Equipment: Baking dish or pan (8 x 8 inches),
Cutting board, Measuring cups and spoons, Mixing
bowl, Foil to cover in oven

Utensils: Knife, Spoon

Ingredients

Non-stick spray
4 apples, cored and thinly sliced
1 14 ounce can whole berry cranberry sauce
2 tablespoons soft margarine or butter, melted
1 cup oatmeal, uncooked
1/4 cup brown sugar
1 teaspoon cinnamon

Instructions

1. Before you begin wash your hands, surfaces, utensils, fruits, and tops of cans.
2. Preheat oven to 350 degrees.
3. Spray an 8x8 inch pan with non-stick spray.
4. Combine the cranberry sauce and apples in a mixing bowl. Pour into the prepared 8x8 inch pan.
5. Cover with foil and return to oven for 25-30 minutes. The sauce should be bubbling and apples fork tender.
6. While apples are baking, combine melted margarine or butter with oatmeal, brown sugar, and cinnamon.
7. Remove apple mixture from oven and increase temperature to 400 degrees.
8. Sprinkle oat topping over apple/cranberry mixture. Return to oven and bake for an additional 5-7 minutes.

Nutritional Information:

Calories 210
Total Fat 3.5g
Sodium 15mg
Total Carbs 43g
Protein 2g