



Cran-Apple Crisp

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

Equipment:

8 x 8-inch baking dish or pan

Cutting board

Large mixing bowl

Aluminum foil

Utensils:

Knife

Spoon

Measuring cups and spoons

Ingredients

Non-stick cooking spray

4 apples, cored and thinly sliced

1 14 ounce can whole berry cranberry sauce

2 tablespoons soft margarine or butter, melted

1 cup quick-cooking oats OR rolled oats

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 baking dish or pan with non-stick spray.
4. Combine the cranberry sauce and apples in a large mixing bowl. Pour the mixture into the prepared 8x8-inch baking dish or 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

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