



Crumbly Cran-Apple Crisp



1/6th of recipe (about 2/3 cup): 214 calories, 4g total fat (1g sat. fat), 136mg sodium, 43.5g carbs, 4g fiber, 25g sugars, 2.5g protein

Prep: 15 minutes **Cook:** 55 minutes

Cool: 10 minutes



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

Filling

3 cups peeled and chopped Fuji apples (about 3 medium apples)
2 cups cranberries (thawed and drained if frozen)
1/3 cup granulated white sugar
3 tbsp. all-purpose flour
1 tsp. cinnamon
1/8 tsp. salt

Topping

1/4 cup light whipped butter or light buttery spread (like Brummel & Brown)
3/4 cup old-fashioned oats
1/4 cup brown sugar (not packed)
1/4 cup all-purpose flour
1 1/4 tsp. cinnamon
Dash salt

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

In a large bowl, mix apples with cranberries.

In a small bowl, combine remaining filling ingredients. Mix well. Transfer contents of the small bowl to the large bowl, and stir to coat.

Pour filling mixture into the baking pan. Cover pan with foil, and bake for 30 minutes.

Remove pan, but leave oven on.

To make the topping, place butter in a medium microwave-safe bowl. Microwave for 20 seconds, or until melted. Add remaining ingredients, and stir until well mixed.

Remove foil, and evenly distribute topping over the filling.

Bake until fruit is tender and topping is firm, about 20 minutes.

Let cool slightly, about 10 minutes.

MAKES 6 SERVINGS

HG Alternative: If made with an equal amount of Splenda No Calorie Sweetener (granulated) in place of the granulated white sugar, each serving will have 176 calories, 33.5g carbs, and 13.5g sugars (**SmartPoints®** values: 4 on **Green Plan**, 4 on **Blue Plan**, 3 on **Purple Plan**).

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