



## Winter Fruit Crisp

Serving Size 3 x 3 inch square

Yield: 9 servings

### Ingredients:

4 cups diced apples or pears (or 3 cups with 1 cup cranberries)

2/3 cup packed brown sugar

1/2 cup all-purpose flour

1/2 cup rolled oats

1/3 cup margarine

1 teaspoon cinnamon



### Directions

1. Heat oven to 375 degrees.
2. Arrange fruit in oiled or sprayed square pan (8 x 8 x 2 inches).
3. Mix remaining ingredients; sprinkle over fruit.
4. Bake until topping is golden brown and fruit is tender, about 30 minutes.

Notes: Use any fresh, frozen or drained canned fruit that you have on hand.

Add 1/2 cup of dried fruit (raisins, cranberries, cut apricots).

Try vanilla yogurt as a topping and sprinkle with cinnamon.

**Nutrition Facts:** Calories, 230; Calories from fat, 70; Total fat, 7g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 0mg; Sodium, 85mg; Total Carbohydrate, 43g; Fiber, 3g; Protein, 2g; Vit. A, 6%; Vit. C, 4%; Calcium, 2%; Iron, 4%.

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