



## Winter Crisp

Yield: 6 servings

Serving size: 1¾- by 2-inch piece

Ingredients:

Filling:

½ cup sugar

3 tablespoons all-purpose flour

1 teaspoon lemon peel, grated

¾ teaspoon lemon juice

5 cups apples, unpeeled and sliced

1 cup cranberries

Topping:

⅔ cup rolled oats

⅓ cup brown sugar, packed

¼ cup whole wheat flour

2 teaspoon ground cinnamon

1 tablespoon soft (tub) margarine, melted

Directions:

1. To prepare filling, in a medium bowl combine sugar, flour, and lemon peel; mix well. Add lemon juice, apples, and cranberries; stir to mix. Spoon into a 6-cup baking dish.
2. To prepare topping, in a small bowl, combine oats, brown sugar, flour, and cinnamon. Add melted margarine; stir to mix.
3. Sprinkle topping over filling. Bake in a 375° F oven for approximately 40-50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

Variation: Summer Crisp

1. Prepare as directed, substituting 4 cups of fresh or unsweetened frozen (thawed) peaches and 3 cups of fresh or unsweetened frozen (unthawed) blueberries for apples and cranberries. If the peaches are frozen, thaw them completely (do not drain). Do not thaw blueberries before mixing, or they will be crushed.

Nutrition Facts: Calories: 252; Total fat: 2 g; Saturated fat: less than 1 g; Cholesterol: 0 mg; Sodium: 29 mg; Fiber: 5 g; Protein: 3 g; Carbohydrate: 58 g; Potassium: 221 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention



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