A Kansas SNAP-Ed EZ Does it Recipe

Cran-Apple Crisp

Servings: 8

Ingredients:
4 apples (cored and thinly sliced)
1 can cranberry sauce (14 ounce, whole berry)
⅔ tablespoon margarine (soft, melted)
1 cup oatmeal (uncooked)
⅓ cup brown sugar
1 teaspoon cinnamon

Remember to wash your hands with soap and warm water before and after cooking.

Directions:
1. Preheat oven to 400 degrees.
2. Wash apples, remove cores and slice thinly, keeping peel on.
3. In a bowl, combine the cranberries and apples. Pour into an 8x8 inch pan.
4. Combine melted margarine with oatmeal, brown sugar, and cinnamon until well blended. Sprinkle over apple/cranberry mixture.
5. Cover and bake for 15 minutes.
6. Uncover and bake 10 more minutes until the topping is crisp and brown.
7. Serve warm or cold.

Nutrition Facts: Each serving provides 210 Calories, 2g Total Fat, 0g Saturated Fat, 25mg Sodium, 50g Total Carbohydrate, 4g Dietary Fiber, 2g Protein