

Apple Cranberry Crisp

Ingredients

5 cups thinly-sliced peeled apples
1 cup cranberries
2 tablespoons granulated sugar
1/2 cup quick-cooking rolled oats
1/3 cup packed brown sugar
3 tablespoons all-purpose flour
1/2 teaspoon ground cinnamon
2 tablespoons margarine
1/2 cup vanilla or lemon nonfat yogurt

Directions

1. In a large mixing bowl combine apples, cranberries, and granulated sugar. Transfer to a 2-quart square baking dish or a 9-inch pie plate.

2. In a small bowl combine oats, brown sugar, flour, and cinnamon. Cut in margarine until crumbly. Sprinkle oat mixture evenly over apple mixture.

3. Bake in a 375 degree oven for 30 to 35 minutes or until apples are tender. Serve warm with a dollop of vanilla or lemon yogurt. Makes 6 servings.

Nutrition facts

per serving:

calories: 213
total fat: 5g
saturated fat: 1g
cholesterol: 1mg
sodium: 61mg
carbohydrate: 43g
fiber: 3g
protein: 3g

