

Cran-Apple Crisp

Ingredients:

non stick cooking spray
 4 apples
 16 ounces cranberry sauce, whole
 1/3 cup brown sugar
 2 teaspoon margarine, melted
 1 cup quick cooking oats
 1 teaspoon cinnamon

Equipment:

Cutting board
 Knife
 8x8 baking dish
 Medium bowl
 Spatula

Number of Servings: 8
 Prep Time: 10 minutes
 Total time: 35 minutes

Directions

1. Preheat oven to 400F. Spray a 8 x 8 dish with vegetable spray.
2. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and chop into thin slices. Add to medium bowl.
3. Open cranberry sauce and add to apples. Mix well and pour into a baking pan.
4. Pack brown sugar in a 1/3 cup measuring cup until level. Add to bowl. Melt margarine in a small saucepan or microwave oven, and add to same bowl.
5. Add oats and cinnamon to brown sugar and margarine, and mix until well blended. Sprinkle over apple/cranberry mixture.
6. Cover with aluminum foil and bake for 15 minutes. Uncover and bake 10 more minutes until the topping is crisp and brown.
7. Serve warm or cold.

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Nutrition Facts

Serving Size: 1 cup	
Servings: 8	
Amount Per Serving	
Calories 197	Calories from Fat 18
%Daily Value*	
Total Fat 2g	8%
Saturated Fat trace g	2%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 45g	15%
Dietary Fiber 4g	15%
Protein 2g	4%
Vitamin A 2%	Vitamin C 10%
Iron 5%	Calcium 2%

*Percent Daily Values are based on a 2,000 calorie diet.

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