

Apple Raspberry Crisp

Serves: 4/Serving Size: ½ cup

Ingredients

1 ¼ tbsp Light Brown Sugar
1 tbsp Quick Cooking Oats
1 pinch Ground Cinnamon
1 tbsp Flour
1 tsp Margarine, Melted
1 pound Apple Slices
4 ounces Fresh Raspberries
2 ½ tbsp Granulated Sugar
1 pinch Ground Allspice
1/8 tsp Ground Cinnamon
1 tbsp Cornstarch

Directions

1. In a mixer, combine brown sugar, rolled oats, 1st listed cinnamon and flour for topping. Drizzle in melted margarine. Mix until well-combined.
2. Combine apples, raspberries, sugar, allspice and 2nd listed cinnamon. Toss to evenly coat.
3. Combine cornstarch with a small amount of juice from apples. Mix until smooth. Stir into apple mixture.
4. Spray 2" half pans with vegetable pan spray (not listed). Pour 3 lb apple mixture in each pan. Sprinkle with 5 oz topping.
5. Bake in a 350 degree F. standard oven for 20-30 minutes or until filling bubbles and topping is lightly browned.
6. Serve.

Exchanges per serving:

½ Grain, 1 Fruit; ½ Other Carbohydrates.

Nutrients per serving:

Calories: 148

Calories from fat: 14

Total Fat: 1.5g

Saturated fat: .5g

Cholesterol: 0g

Sodium: 12mg

Total Carbohydrate: 33.9g

Dietary Fiber: 2.2g

Sugars: 22.8g

Protein: 1.0g

Vitamin A: 78

Vitamin C: 5.7mg

Potassium: 33.0mg

