

Desserts

Winter Crisp/Summer Crisp

Winter Crisp

Serves 6

Filling:

- 1/2 cup sugar
- 3 tbsp all-purpose flour
- 1 tsp grated lemon peel
- 5 cups unpeeled, sliced apples
- 1 cup cranberries

Topping:

- 2/3 cup rolled oats
- 1/3 cup packed brown sugar
- 1/4 cup whole wheat flour
- 2 tsp ground cinnamon
- 3 tbsp soft margarine, melted

Filling:

In a medium bowl, combine sugar, flour, and lemon peel; mix well. Add apples and cranberries; stir to mix. Spoon into a 6-cup baking dish.

Topping:

In a small bowl, combine oats, brown sugar, flour, and cinnamon. Add melted margarine; stir to mix. Sprinkle topping over filling.

Bake in a 375 degree F oven for 40 to 50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

Summer Crisp

Prepare as directed, substituting 4 cups fresh, or unsweetened frozen peaches and 2 cups fresh, or unsweetened frozen blueberries for apples and cranberries. If frozen, thaw fruit completely (do not drain).

Nutritional Analysis

Nutrition Content Per Serving:
calories: 284
total fat: 6 g
saturated fat: 1 g
carbohydrates: 54 g
protein: 3 g
cholesterol: 0 mg
sodium: 56 mg
dietary fiber: 5 g

Healthy Cooking Tip

When a recipe calls for butter, lard, or shortening, choose margarine with vegetable oil listed as the first ingredient on the label.