

Cranberry Apple Crisp

INGREDIENTS:

Filling:

2 medium organic sweet apples (gala, fuji, golden delicious)
1 cup cranberries (fresh or frozen)
1 ½ tbsp. whole wheat flour
Zest from 1 medium orange
1 tsp maple syrup
1 tsp cinnamon
1 tsp nutmeg

Topping:

¾ cup organic rolled oats
1 ½ tbsp. vegan margarine or canola oil (add 10 cals/serving)
¼ cup organic whole wheat flour
2 tsp maple syrup
1 apple, thinly sliced
1 cup fresh cranberries



Servings: 6

Nutrition Facts

6 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 31g	11%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 75mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INSTRUCTIONS:

1. Preheat oven to 350° F.
2. Peel, core, and chop apples into ½ inch cubes.
3. Combine all filling ingredients in a bowl. Set aside.
4. In a separate bowl, combine the rolled oats, canola oil, flour, and maple syrup until the mixture resembles coarse clumps.
5. Spoon filling mixture into a lightly greased 8 x 8 baking dish. Evenly spread the topping mixture over the filling.
6. Bake for 40 minutes. Cool for 15 minutes before serving. Top with fresh sliced apples and cranberries.
7. Optional: serve with vegan vanilla ice cream.