

Winter Fruit Crisp

This fruit crisp is a good source of vitamin C and iron and an excellent source of fiber. Serve with a dollop of low-fat yogurt for a special treat on chilly, winter evenings.

Serves 10



Ingredients

Filling

- 5 medium apples, cored, peeled and sliced
- 4 pears, cored and sliced
- ¼ cup brown sugar
- 1 teaspoon ground cinnamon

Topping

- 1 cup regular oats
- 1 cup whole wheat pastry flour
- ⅓ cup coarsely chopped walnuts
- ⅓ cup maple syrup
- ¼ cup unsalted butter, softened
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- ½ teaspoon salt

Nutrition Facts

Serving Size About 1 Cup
Servings Per Recipe 10

Amount Per Serving

Calories 330 Calories from Fat 80

% Daily Value*

Total Fat 9g **14%**

 Saturated Fat 3.5g **18%**

 Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 220mg **9%**

Total Carbohydrate 62g **21%**

 Dietary Fiber 9g **36%**

 Sugars 31g

Protein 5g

Vitamin A 4% • Vitamin C 15%

Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Directions

1. Preheat oven to 375 degrees.
2. In a large bowl, mix filling ingredients together well, and spread into a 9x13 inch baking dish.
3. Mix topping ingredients together and spread over fruit mixture.
4. Cover with foil and bake for 40 minutes.
5. Uncover and bake 20 minutes more or until top is crisp and fruit mixture is bubbly.

