

Apple-Berry Crisp

Serves 4

Equipment Needed:

Vegetable peeler
Measuring cups & measuring spoons
Sharp knife
Mixing bowl and spoon
Measuring spoons
1-quart baking dish

Ingredients:

1 8-oz. apple (medium), unpeeled
¾ c. fresh or frozen blueberries
1 packet aspartame sweetener (like Equal)
1 packet saccharin sweetener (like Sweeten Low)
¼ tsp. cinnamon

Topping

¼ c. uncooked rolled oats
¼ c. all-purpose or whole wheat flour
1 Tbsp. brown sugar
1 Tbsp. chopped pecans
1 packet aspartame sweetener (like Equal)
1½ Tbsp. low-fat (not fat-free) margarine
Cooking spray

Directions:

1. Preheat oven to 350°F.
2. Coat inside of 1-quart heat-proof baking dish with cooking spray.
3. Slice apple into dish. Add fresh or frozen blueberries. Toss lightly.
4. Combine cinnamon and sweeteners in mixing bowl. Sprinkle over fruit.
5. In same mixing bowl combine oats, flour, brown sugar, pecans, and remaining one packet of sweetener. Add margarine and mix with fork until crumbly. Sprinkle over fruit in baking dish.
6. Bake for 20 minutes or just until fruit juices bubble up on sides and in the middle of the dish.
7. Serve warm with frozen whipped topping, milk, or vanilla frozen dessert. Remember that milk or frozen dessert topping will add more calories and carbohydrates, while 2 tablespoons of frozen whipped topping is a Free Food.



Nutrition Facts

4 servings per container	
Serving size	
Amount Per Serving	
Calories	170
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 2g Added Sugars	4%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 12mg	0%

*The % Daily Value (DV) 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.

