



November 11- Winter Fruit Crisp

Smart Snack

Link: <https://www.foodhero.org/recipes/winter-fruit-crisp>

Recipe

Ingredients:

- 4 cups diced apples or pears
- 2/3 cup packed brown sugar
- 1/2 cup all-purpose flour
- 1/2 cup rolled oats
- 1/3 cup margarine
- 1 teaspoon cinnamon

Directions:

1. Heat oven to 375°F. Lightly spray or oil an 8" x 8" square pan.
2. Arrange fruit in pan. Mix remaining ingredients and sprinkle over fruit.
3. Bake until topping is golden brown and fruit is tender, about 30 minutes.

Yields 8 servings

Nutrition Facts

Serving Size 1/8 serving (125.29g)
Servings Per Container 8

Amount Per Serving

Calories 210 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 1.5g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 34g **11%**

Dietary Fiber 3g **12%**

Sugars 21g

Protein 2g **3%**

Vitamin A 8% • Vitamin C 8%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.