

Cran-Apple Crumble

- 1½ cups uncooked *cranberries*, rinsed
- 3 tart *apples*, peeled, cored and cut into 1-inch chunks
- ¼ cup *orange juice*
- ¾ cup *brown sugar*, unpacked
- ½ cup all-purpose *flour*
- ½ cup rolled *oats*
- 1 tbsp trans fat-free *margarine*, softened
- ½ tsp *cinnamon*
- ¼ tsp *nutmeg*
- ¼ cup chopped *walnuts*

❶ Toss fruit lightly with juice and spread level on bottom of 9-inch square baking dish.

❷ In medium bowl, combine remaining ingredients, except walnuts, until mixture forms coarse crumbs. Stir in walnuts.

❸ Top fruit with crumbly mixture and bake in a preheated 375°F oven for 45-50 minutes, or until mixture bubbles and topping is golden brown. Serve warm ... *mmmmmm*.

MAKES 8 SERVINGS

Per serving:

226 calories

2g protein

1.8g fat

40g carbs

2.6g fiber

trace sodium