



Cranberry Apple Crumble

INGREDIENTS (serving size: 10)

- Vegetable oil cooking spray
- 8 cups apples, peeled and sliced (such as McIntosh or Paula Red)
- 1 cup fresh or frozen whole cranberries
- $\frac{3}{4}$ cup granulated sugar
- $\frac{1}{4}$ cup all-purpose flour
- $\frac{1}{3}$ cup packed brown sugar
- 2 Tablespoons margarine

NUTRITION INFORMATION: 164 Calories; 3 grams Fat; 0 grams Saturated Fat; 0 mg Cholesterol; 34 mg Sodium; 36 grams Carbohydrates; 3 grams Fiber; 1 grams Protein

DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit.
2. Spray an 11x7-inch baking dish with cooking spray.
3. In a large mix apples, cranberries and granulated sugar. Place apple mixture in prepared pan. In a separate bowl, combine oatmeal, flour and brown sugar and toss to combine. Cut in margarine with a pastry blender or two knives until crumbly. Spoon crumble mixture evenly over apples. Bake 35 to 45 minutes.