APPLE CRANBERRY CRISP

INGREDIENTS:
6 cups  Granny smith apples, peeled and sliced  
2 cups  Cranberries, fresh or frozen/thawed? (doesn’t matter too much they thaw quick)  
2/3 cup  Sugar  
3 tablespoons  Flour  
½ teaspoon  Cinnamon

Topping:
4 tablespoons  Unsalted butter  
⅔ cup  Flour  
1 cup  Rolled oats  
½ cup  Flax, ground  
1/3 cup  Brown sugar  
½ teaspoon  Cinnamon

PREPARATION:
1. Preheat oven to 350 degrees.  
2. Place apples, cranberries, sugar, flour and cinnamon in a bowl and toss until evenly coated.  
3. Lightly grease 9x13 baking pan and spread apple cranberry mixture on the bottom.  
4. Mix softened butter, flour, oats, flax seed, brown sugar and cinnamon in bowl until butter is incorporated into flour mixture and turned into crumbles.  
5. Place crumble mixture over apples.  
6. Place in oven for 35-40 minutes.

Serves: 18  
Calories: 192  
Fat: 7

Recipe from:  
Jennifer Welper's cookbook, "Cook Smart, Eat Well: Mayo Clinic Recipes and Strategies for Healthy Living."