

## 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  
¾ 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](#)."