

## WINTER CRISP

A heart-healthy recipe from the National Heart, Lung and Blood Institute

Prep time: 10 minutes

Cook time: 50 minutes

Total time: 60 minutes

Number of Servings: 6

A tart and tangy fruit dessert that's perfect on a cold winter night.

### INGREDIENTS

#### For filling:

- 1/2 cup sugar
- 3 Tbsp all-purpose flour
- 1 tsp grated lemon peel
- 3/4 tsp lemon juice
- 5 cups apples, unpeeled, sliced
- 1 cup cranberries

#### For topping:

- 2/3 cup rolled oats
- 1/3 cup brown sugar, packed
- 1/4 cup whole-wheat flour
- 2 tsp ground cinnamon
- 1 Tbsp soft margarine, melted

### INSTRUCTIONS

1. Preheat oven to 375° F.
2. To prepare the filling: In a medium bowl, combine the sugar, flour, and lemon peel. Mix well. Add the lemon juice, apples, and cranberries; stir to mix. Spoon into a 6-cup baking dish.
3. To prepare the topping: In a small bowl, combine the oats, brown sugar, whole-wheat flour, and cinnamon. Add the melted margarine; stir to mix.
4. Sprinkle the topping over the filling. Bake for 40 to 50 minutes, or until the filling is bubbly and the top is brown. Serve warm or at room temperature.

