



# CRANAPPLE CRUMBLE

## ingredients:

Vegetable oil cooking spray	1/4 cup dry, old-fashioned oatmeal
8 cups apples (such as McIntosh or Paula Red), peeled and sliced	1/4 cup all-purpose flour
1 cup fresh or frozen whole cranberries	1/3 cup packed brown sugar
3/4 cup granulated sugar	2 Tablespoons margarine

## directions:

1. Preheat oven to 375° F.
2. Spray an 11x7-inch baking dish with cooking spray.
3. In a large bowl, mix apples, cranberries and granulated sugar. Place apple mixture in prepared pan.
4. Combine oatmeal, flour and brown sugar in a separate bowl. Add margarine and cut into oatmeal mixture with a pastry blender or two knives until crumbly.
5. Spoon crumble mixture evenly over apples.
6. Bake 35 to 45 minutes or until apples are tender and crumble is bubbling.

Yield: 10 servings

## Nutrition Information Per Serving:

164 Calories  
3 grams Fat  
0 grams Saturated Fat  
0 mg Cholesterol  
34 mg Sodium  
36 grams Carbohydrates  
3 grams Fiber  
1 gram Protein

Food exchanges:

1 starch, 1 fruit, 1/2 fat



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