

# Fruit Crisp

Desserts can be healthier when they contain fruit and only a small amount of added sugar. This recipe works with fresh or frozen seasonal fruits.

## Topping:

- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1/2 cup rolled oats
- 1/3 cup light brown sugar, firmly packed
- 1/2 teaspoon cinnamon
- 2 Tablespoons canola oil
- 1 egg white

## Filling:

- 8 apples (medium) or 8 cups of seasonal fruit, sliced
- 1 Tablespoon granulated sugar
- 1/4 teaspoon cinnamon
- 2 teaspoons lemon zest
- Plain, low-fat yogurt (optional)

1. Preheat the oven to 450°F. Lightly oil a 9x13 casserole dish.
2. In a medium bowl mix together the topping: flours, oats, brown sugar, 1/2 teaspoon cinnamon, egg white and oil.
3. In a large bowl combine apples (or other fruit), 1/4 teaspoon cinnamon, sugar and lemon zest for the filling.
4. Spoon filling into casserole dish. Top with flour mixture.
5. Place in oven and immediately turn heat down to 350°F. Bake for 35 minutes.
6. Serve with a scoop of low-fat yogurt, if desired

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| Servings:     | 8          |
| Serving Size: | 1/8 recipe |
| Calories      | 200        |
| Total Fat     | 4g         |
| Saturated Fat | 0g         |
| Cholesterol   | 0mg        |
| Sodium        | 9mg        |
| Total Fiber   | 3g         |
| Protein       | 3g         |
| Carbohydrates | 40g        |
| Potassium     | 173mg      |