

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

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