



IN

**The Villages**<sup>®</sup>

*America's Healthiest Hometown*

## Winter Crisp

**Yields:** 6 servings

**Serving Size:** 1 ¾ inch by 2 inch piece

### **Ingredients:**

½ C sugar

3 Tbsp all-purpose flour

1 tsp lemon peel, grated

¾ tsp lemon juice

5 C apples, unpeeled, sliced

1 C cranberries

### **Topping:**

2/3 C rolled oats

1/3 C brown sugar, packed

¼ C whole wheat flour

2 tsp ground cinnamon

1 Tbsp soft margarine, melted

### **Directions:**

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

### **Nutritional Information:**

Calories: 284

Sodium: 56mg

Total fat: 6 g

Saturated fat: 1 g

Cholesterol: 0 mg

*Source: Stay Young at Heart*