

Eat
Well



BEST-EVER APPLE BERRY CRISP

Apples and blueberries are the stars in this irresistible recipe. Enjoy it warm on its own or with a small dollop of yogurt. Perfect for dessert or as a snack with a glass of milk or fortified soy beverage.

Prep
Time 15 min

Cook
Time 50 min

Makes 8
Servings

- 4 apples, (about 600 g/1 1/4 lb) cored and chopped
- 500 mL (2 cups) frozen or fresh blueberries
- 60 mL (1/4 cup) packed brown sugar
- 30 mL (2 tbsp) all purpose flour
- 5 mL (1 tsp) vanilla

Topping:

- 250 mL (1 cup) large flake oats
- 125 mL (1/2 cup) all purpose flour
- 75 mL (1/3 cup) wheat bran
- 45 mL (3 tbsp) packed brown sugar
- 2 mL (1/2 tsp) ground cinnamon
- 45 mL (3 tbsp) soft non-hydrogenated margarine, melted

1. In a large bowl, combine apples, blueberries, sugar, flour and vanilla until coated. Spread into a 20 cm (8 inch) square baking dish; set aside.

2. Topping: In another bowl, combine oats, flour, wheat bran, sugar and cinnamon. Drizzle with melted margarine and, using a fork, toss to coat oat mixture. Sprinkle over top of fruit mixture.

3. Bake in preheated 180°C (350°F) oven for about 50 minutes or until apples are tender and top is golden. Let cool slightly before serving.

NUTRIENTS PER SERVING

% DV

Calories	238	-
Fat	6 g	9 %
Saturated + Trans	1 g	5 %
Cholesterol	0 mg	-
Sodium	47 mg	2 %
Carbohydrate	45 g	15 %
Fibre	5 g	19 %
Sugars	22 g	-
Protein	4 g	-
Vitamin A	-	6 %
Vitamin C	-	6 %
Calcium	-	3 %
Iron	-	12 %



TIPS

- This is a fun and delicious recipe for the whole family to make. Little chefs can stir the topping ingredients together. Older kids can slice the apples.
- Feeling adventurous? Change the fruit to make different crisps. Instead of apple and blueberry, try pears and raspberries.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.