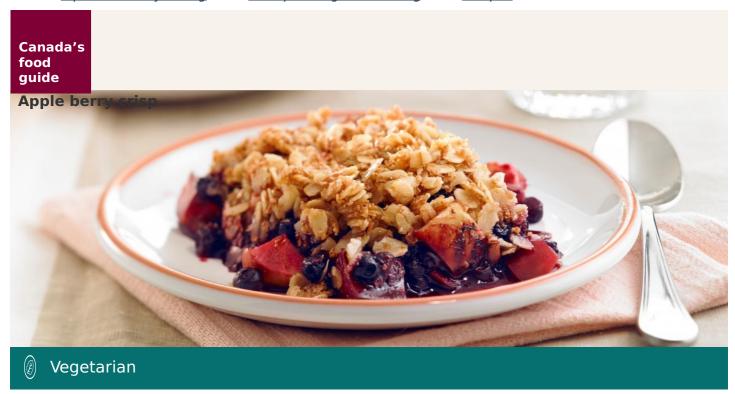
Search Canada.ca Q

MENU 🕶

<u>Canada.ca</u> > <u>Health</u> > <u>Food and nutrition</u> > <u>Canada's food guide</u>

> <u>Tips for healthy eating</u> > <u>Meal planning and cooking</u> > <u>Recipes</u>



This irresistible recipe showcases the wonderful combination of apples and blueberries. Enjoy it warm on its own or with a small dollop of yogurt. Perfect for dessert or as a snack with a glass of water, white milk or unsweetened fortified soy beverage.



Ingredients

- 4 apples, cored and chopped
- 500 mL (2 cups) frozen or fresh blueberries
- 45 mL (3 tbsp) 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 (½ cup) all purpose flour
- 85 mL (⅓ cup) wheat bran
- 30 mL (2 tbsp) packed brown sugar
- 2 mL (½ tsp) ground cinnamon
- 45 mL (3 tbsp) soft non-hydrogenated margarine, melted

Directions

- 1 Preheat the oven to 180 °C (350 °F).
- 2 In a large bowl, combine apples, blueberries, sugar, flour and vanilla and stir until well-coated. Spread into a 20 cm/8 in square baking dish; set aside.
- 3 Prepare the topping: In another bowl, combine oats, flour, wheat bran, sugar and cinnamon. Add melted margarine and using a fork, toss to coat oat mixture.

 Sprinkle over top of fruit mixture.
- 4 Bake for about 50 minutes or until apples are tender and the top is golden. Let cool slightly before serving.

Learn about <u>food safety</u>.

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

Find a recipe...

Search

Print, save or share this recipe











Tips

- This is a fun recipe for the whole family to make. Little chefs can stir the topping ingredients together. Older kids can slice the apples.
- Use fruits you have at home. Instead of apple and blueberry, try pears and raspberries.

More from the Food Guide Kitchen



No-bake oat granola bars



10 reasons to buy frozen vegetables and fruits



Be mindful of your eating habits



Subscribe to get the latest healthy eating updates.

Sign up now

Did you find what you were looking for?





Support and resources

Copyright guidelines
Order food guide resources
Contact Canada's food guide team

Stay connected











Government of Canada

All Contacts

Departments and agencies

About government

Jobs

Immigration and citizenship

Travel and tourism

Business

Benefits

Health

Taxes

Environment and natural resources

National security and defence

Culture, history and sport

Policing, justice and emergencies

Transport and infrastructure

Canada and the world

Money and finance

Science and innovation

Indigenous peoples

Veterans and military

Youth

- Social media
- Mobile applications
- About Canada.ca
- Terms and conditions
- Privacy

Top of Page 🔥