

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Apple Blueberry Walnut Crisp

Makes: 6 servings • **Active Time:** 25 minutes • **Total Time:** 45 minutes

Ingredients

- 3 large Red or Golden Delicious apples (about 2 pounds), unpeeled and cut into 1/2-inch pieces (about 4 cups)
- 2 tablespoons brown sugar
- 2 tablespoons whole wheat flour
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1 cup fresh or frozen blueberries
- 1/2 cup walnuts, very finely chopped
- 1/2 cup old-fashioned or quick-cooking oats
- 2 tablespoons brown sugar
- 2 tablespoons whole wheat flour
- 2 tablespoons ground flaxseed or wheat germ
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 2 tablespoons canola oil



Preparation

- Preheat the oven to 400°F. Place the apples, brown sugar, flour, vanilla, and cinnamon in a large bowl and toss to coat. Gently stir in the blueberries.
- Place the apple mixture in an 8 x 8-inch baking pan or dish and set aside.
- To make the topping, place the walnuts, oats, brown sugar, flour, flaxseed, cinnamon, and salt in a medium bowl and stir to combine. Add the oil and stir until the oat mixture is well coated. Spread the topping evenly over the fruit mixture.
- Bake 40 to 45 minutes, or until the fruit is tender and the topping is golden brown (cover with foil about halfway through if the topping browns too quickly). Tip: Top each serving with low-fat vanilla frozen yogurt or a dollop of light whipped cream.

Nutrition

Per 1 serving : 260 calories, 13g fat, (1g saturated, 1.8g omega-3), 55mg sodium, 34g carbohydrate, 5g fiber, 4g protein, 10% vitamin C

