

# A Kansas SNAP-Ed *EZ Does it* Recipe

## Cran-Apple Crisp



Servings: 8

### *Ingredients:*

- 4 apples (cored and thinly sliced)
- 1 can cranberry sauce (14 ounce, whole berry)
- 2/3 tablespoon margarine (soft, melted)
- 1 cup oatmeal (uncooked)
- 1/3 cup brown sugar
- 1 teaspoon cinnamon



**Remember to wash your hands with soap and warm water before and after cooking.**

### *Directions:*

1. Preheat oven to 400 degrees.
2. Wash apples, remove cores and slice thinly, keeping peel on.
3. In a bowl, combine the cranberries and apples. Pour into an 8x8 inch pan.
4. Combine melted margarine with oatmeal, brown sugar, and cinnamon until well blended. Sprinkle over apple/cranberry mixture.
5. Cover and bake for 15 minutes.
6. Uncover and bake 10 more minutes until the topping is crisp and brown.
7. Serve warm or cold.

**Nutrition Facts:** Each serving provides 210 Calories, 2g Total Fat, 0g Saturated Fat, 25mg Sodium, 50g Total Carbohydrate, 4g Dietary Fiber, 2g Protein

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

