



## Apple Blueberry Crisp

### Ingredients

- 4 apples (about 3 cups; McIntosh or Cortland apples are good for cooking)
- 1 teaspoon cinnamon
- 2 cups blueberries
- 1/2 cup brown sugar
- 1/3 cup whole wheat flour
- 4 tablespoons canola oil
- 1 cup regular rolled oats

### Directions

1. Preheat oven to 350 F. Spray a 9 x 13 pan with cooking spray. Wash, core, and chop apples (it's not necessary to peel them). Put in cooking dish with the blueberries.
2. In another small bowl, mix flour, oats, cinnamon, sugar and oil until crumbly. Spread evenly over the fruit (Note: You can use any fruit you want, just make sure it totals about 5 cups of fruit).
3. Bake for 40 minute or until bubbly.

**NUTRITIONAL INFORMATION: (Amount per serving)** *Serves: 8, Calories: 230, Fat: 7g, Carbohydrates: 40g, Sodium: 2mg, Fiber: 5g, Protein: 3g*