

**Family Mealtime // Apple
Cranberry Crisp**



APPLE
CRANBERRY
CRISP



LIVE WELL UTAH

Families who eat together have overall healthier diets, but that doesn't mean that you can't indulge in a sweet treat every now and then at end of your family meal. There are three healthy, delicious dessert recipes in the Live Well Utah Cookbook, Family Mealtime Edition. Today we're sharing one of them- Apple Cranberry Crisp. This is a perfect dessert for autumn, as local apples are in season and abundant at farmers markets.

Apple Cranberry Crisp

Filling

- 5 cups apples, peeled and thinly sliced
- 1 cup dried cranberries (or other dried fruit)
- 1 teaspoon sugar
- 1/2 teaspoon cinnamon

Topping

- 1/2 cup quick cooking rolled oats
- 2 tablespoons brown sugar
- 2 tablespoons whole wheat flour
- 1/2 teaspoon cinnamon
- 1 tablespoon butter, melted

Preheat oven to 375 degrees Fahrenheit.

in a 2 quart baking dish, combine apples and cranberries. Sprinkle with sugar and cinnamon, and toss to coat.

In a small bowl, combine oats, brown sugar, flour, and cinnamon. Using a fork, cut butter into topping mixture until crumbly. Sprinkle topping evenly over apple filling. Bake for

30-35 minutes, or until apples are tender. Serve warm.

September is National Family Mealtime month. Each Friday this month we'll be posting on that topic – specifically from the Live Well Utah Cookbook, Family Mealtime Edition. This publication is available for free at your local Extension office, or available digitally here. It features some great tips on the importance of family mealtime and meal planning, plus 21 quick, inexpensive, and nutritious recipes that are sure to please even the pickiest eaters.