

APPLE-BLUEBERRY CRUMBLE

INGREDIENTS

- 3 large Red or Golden Delicious apples, unpeeled and cut into ½-inch pieces (about 4 cups)
- 2 tablespoons brown sugar
- 2 tablespoons whole-wheat flour
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- 1 cup fresh or frozen blueberries

Topping

- ½ cup walnuts, very finely chopped
- ½ cup old-fashioned or quick-cooking oats
- 2 tablespoons brown sugar
- 2 tablespoons whole-wheat flour
- 2 tablespoons ground flaxseed or wheat germ
- ½ teaspoon ground cinnamon
- ⅛ teaspoon salt
- 2 tablespoons canola oil



Serves: 6 | Serving size: 1 slice

Nutrition Information: Calories: 260; Total Fat: 13g; Saturated Fat: 1g; Cholesterol: 55g; Sodium: 34g; Protein 10g.

Recipe courtesy of the Academy of Nutrition and Dietetics

DIRECTIONS

1. 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.
2. Place the apple mixture in an 8 x 8-inch baking pan or dish and set aside.
3. To make the topping, place the walnuts, oats, brown sugar, flour, flaxseed, cinnamon and salt in a medium bowl and stir to combine. Add oil and stir until the oat mixture is well coated. Spread topping evenly over the fruit mixture.
4. 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).