Apple Blueberry Walnut Crisp

Makes 6 Servings

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 expeller pressed canola oil

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 the oil and stir until the oat mixture is well coated. Spread the 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). Tip: Top each serving with low-fat vanilla frozen yogurt or a dollop of light whipped cream.

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

This is a No Whine with Dinner Recipe! In the book, we call it, Nutty Fruit Crumble.

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