

APPLE-BLUEBERRY CRUMBLE

INGREDIENTS

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

TOPPING

- 1/2 cup walnuts, very finely chopped
- 1/2 cup old-fashioned or quick-cooking oats
- 2 Tbsp brown sugar
- 2 Tbsp whole-wheat flour
- 2 Tbsp ground flaxseed or wheat germ
- 1/2 tsp ground cinnamon
- 1/8 tsp salt
- 2 Tbsp canola oil



Serves: 6

Serving Size: 1 scoop

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

Recipe courtesy of the Academy of Nutrition and Dietetics

DIRECTIONS

1. Preheat oven to 400°F. Place apples, brown sugar, flour, vanilla and cinnamon in a large bowl. Toss to coat. Gently stir in blueberries.
2. Place apple mixture in an 8x8-inch baking 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).