

CRAN-APPLE CRUMBLE

February 2012

Portions: 8
Serving Size: ½ cup

Ingredients:

1 cup fresh cranberries, cut in half
3 medium apples (MacIntosh, Spartan, Granny Smith), cored, peeled and diced)
¼ cup brown sugar, packed
1 teaspoon cinnamon
½ cup all-purpose flour
½ cup white sugar
3 tablespoons unsalted butter or margarine

Preparation:

- 1) Preheat oven to 375° F.
- 2) Combine cranberries, apples, ¼ cup brown sugar and cinnamon in a large bowl.
- 3) Spray a 13" x 9" baking dish with nonstick cooking spray and pour in cranberry mixture.
- 4) Combine flour, brown sugar and white sugar in a medium bowl. Add butter and cut into flour mixture with a pastry blender or by hand. Mix well to make coarse crumbs.
- 5) Sprinkle topping on cranberry mixture and bake 50 minutes or until topping is golden brown.

Renal and renal diabetic food choices: 1 starch & 3 fruit (low potassium).

Nutrients per serving: 220 calories, 1g protein, 45g carbohydrates, 5g fat, 7mg sodium, 114mg potassium, 17g phosphorus & 1.6g fiber.

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