

BLUEBERRY AND APPLE CRISP

Number of portions: 6

Portion size: 1 cup

INGREDIENTS

4-5 fruits apples, peeled and sliced

1 cup blueberries, fresh or frozen

1 cup oats

½ cup brown sugar

½ tsp ground cinnamon (optional)

¼ cup whole wheat flour

¼ cup margarine, non hydrogenated

METHOD

1. Preheat the oven at 350°F.
2. In a medium baking dish, spread the blueberries and apple slices.
3. In a bowl, mix the oats, brown sugar, cinnamon, flour and margarine. Sprinkle the dry ingredients over the fruits.
4. Bake in the oven for 40 minutes.

TIPS

- Apples could be replaced by canned peaches or pears.

