



Crumbly Cran-Apple Crisp



1/6th of recipe (about 2/3 cup): 214 calories, 4g total fat (1g sat. fat), 136mg sodium, 43.5g carbs, 4g fiber, 25g sugars, 2.5g protein

Prep: 15 minutes **Cook:** 55 minutes

Cool: 10 minutes



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

Filling

3 cups peeled and chopped Fuji apples (about 3 medium apples)
2 cups cranberries (thawed and drained if frozen)
1/3 cup granulated white sugar
3 tbsp. all-purpose flour
1 tsp. cinnamon
1/8 tsp. salt

Topping

1/4 cup light whipped butter or light buttery spread (like Brummel & Brown)
3/4 cup old-fashioned oats
1/4 cup brown sugar (not packed)
1/4 cup all-purpose flour
1 1/4 tsp. cinnamon
Dash salt

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

In a large bowl, mix apples with cranberries.

In a small bowl, combine remaining filling ingredients. Mix well. Transfer contents of the small bowl to the large bowl, and stir to coat.

Pour filling mixture into the baking pan. Cover pan with foil, and bake for 30 minutes.

Remove pan, but leave oven on.

To make the topping, place butter in a medium microwave-safe bowl. Microwave for 20 seconds, or until melted. Add remaining ingredients, and stir until well mixed.

Remove foil, and evenly distribute topping over the filling.

Bake until fruit is tender and topping is firm, about 20 minutes.

Let cool slightly, about 10 minutes.

MAKES 6 SERVINGS

HG Alternative: If made with an equal amount of Splenda No Calorie Sweetener (granulated) in place of the granulated white sugar, each serving will have 176 calories, 33.5g carbs, and 13.5g sugars (**SmartPoints®** values: 4 on **Green Plan**, 4 on **Blue Plan**, 3 on **Purple Plan**).

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points®

trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

Publish Date: February 2, 2015

Author: Hungry Girl

Copyright © 2023 Hungry Girl. All Rights Reserved.