



## Apple Pear Crisp

Recipe courtesy of The American Heart Association



**Servings:** 4

### Ingredients

#### Topping Ingredients

- ¼ cup uncooked rolled oats
- ¼ cup all-purpose flour
- 2 tablespoons trans-fat-free tub margarine, chilled in freezer for 15 minutes
- 1 tablespoon unsweetened applesauce
- ½ teaspoon ground cinnamon
- 1 tablespoon stevia sugar blend

#### Crisp Ingredients

- 1 large pear, such as Anjou or Bartlett, peeled and diced
- 1 teaspoon cornstarch
- ½ teaspoon stevia sweetener -OR- 1 stevia sweetener packet
- ⅛ teaspoon ground ginger
- ⅛ teaspoon ground cloves
- ⅛ teaspoon ground cardamom (optional)
- 1 large apple, Granny Smith, Fuji, or Gala, peeled and diced

### Nutrition Facts | 156 Calories

#### Per Serving

Total Fat . . . . .	4.0 g
Saturated Fat . . . . .	1.0 g
Trans Fat . . . . .	0.0 g
Polyunsaturated Fat . . . . .	1.0 g
Monounsaturated Fat . . . . .	1.5 g
Cholesterol. . . . .	0 mg
Sodium. . . . .	57 mg
Total Carbohydrate . . . . .	30 g
Dietary Fiber . . . . .	4 g
Sugars. . . . .	15 g
Added Sugars. . . . .	3 g
Protein . . . . .	2 g

### Dietary Exchanges

1 fruit, 1 starch, 1 flat



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### Directions

- 1 Preheat the oven to 375°F.
- 2 In a medium bowl, stir together the crisp ingredients. Spoon  $\frac{1}{2}$  cup of the apple-pear mixture into four 6-ounce ovenproof glass custard cups or porcelain ramekins.
- 3 In a small bowl, stir together the topping ingredients until well blended. Sprinkle the topping over the fruit mixture in each custard cup.
- 4 Bake for 20 to 25 minutes, or until the fruit mixture is bubbly and the topping is golden brown.

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