

## Apple Raisin Crisp

### Ingredients

3 medium Red Delicious or Gala apples, peeled, cored and finely chopped  
3 medium green or Granny Smith apples, peeled, cored and finely chopped  
1/2 cup organic raisins  
1 1/2 teaspoons lemon juice  
1 cup rolled oats  
1/2 cup whole-wheat flour  
3/4 cup brown sugar  
3/4 teaspoon cinnamon  
Pinch sea salt  
3 tablespoons canola oil

### Instructions

1. Preheat oven to 325°. Lightly coat a 9 x 13-inch baking pan with canola oil.
2. Combine apples, raisins and lemon juice in a large bowl. Press into pan.
3. Combine oats, flour, sugar, cinnamon, salt and canola oil in a medium bowl. Mix until crumbly. Sprinkle over fruit. Bake, uncovered, for 30 to 40 minutes or until golden brown.
4. Cut into 16 portions.

### Serving Information

Makes 16 servings, each containing approximately:

165 calories  
32 gm. carbohydrate  
4 gm. fat  
0 mg. cholesterol  
2 gm. protein  
15 mg. sodium  
3 gm. fiber