



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 ½ 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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