



Apple-Cherry Crisp

Yield - ? servings

Ingredients

6 Apples, peeled, cored and cut into chunks
1 cup Dried sour Cherries
1 cup Sugar
 $\frac{3}{4}$ cup Quick-Cooking Oatmeal
 $\frac{1}{2}$ cup Whole Wheat Flour
 $\frac{1}{3}$ cup Apple Butter

How to Prepare

1. Soak cherries in hot water for 20 minutes or until plumped.
2. Mix apples, cherries and $\frac{1}{2}$ cup sugar in a casserole dish (no need to grease it beforehand).
3. Mix together remaining ingredients and sprinkle on top.
5. Bake 50 minutes at 350°F.

*****Nutritional Information Per Serving*****

Calories =
Carbohydrate = g
Total fat = g

Saturated Fat = g
Cholesterol = mg
Sodium = mg

Dietary Fiber = g
Protein = g
Vitamin A = RE

Vitamin C = mg
Calcium = mg
Iron = mg

