



Nutrition Facts

Serving Size 4 inch x 2 inch square
(110g)

Servings Per Container 8

Amount Per Serving

Calories 260 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 95mg **4%**

Total Carbohydrate 48g **16%**

Dietary Fiber 3g **12%**

Sugars 33g

Protein 2g

Vitamin A 8% • Vitamin C 4%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Winter Fruit Crisp

Food Hero

4x2inch square

Whole-grains and fruit in a delicious dessert!

Ingredients

4 cups diced apples or pears
2/3 cup packed brown sugar
1/2 cup all-purpose flour
1/2 cup rolled oats
1/3 cup margarine
1 teaspoon cinnamon

Materials

Baking pan, Large mixing bowl, Mixing spoon, Measuring Cups, Measuring Spoons, Sharp knife, Cutting Board

Directions

- 1.Heat oven to 375 degrees. Lightly spray or oil a square pan (8 x 8 x 2 inches).
- 2.Arrange fruit in pan. Mix remaining ingredients and sprinkle over fruit.
- 3.Bake until topping is golden brown and fruit is tender, about 30 minutes.
- 4.Refrigerate leftovers within 2 hours.

Notes

View Online

<http://capitalregionesny.org/recipes/winter-fruit-crisp>

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