



Apple Berry Fruit Crisp

SERVES 4

Pillar of Nutrition: Be Sugar Smart

Topping:

- 1 Tablespoon **olive oil**
- 1 cup rolled **oats**
- 4 Tablespoons **apple juice**
- 1 teaspoon olive oil
- $\frac{1}{3}$ cup **shredded unsweetened coconut**
- $\frac{1}{2}$ teaspoon **cinnamon**
- 1 Tablespoon **butter**, melted

Filling

- $\frac{1}{3}$ cup **water**
- 3 **apples**, diced $\frac{1}{2}$ inches
- 1 Tablespoon **flour**
- 1 teaspoon **cinnamon**
- 4 Tablespoons **apple juice**
- $\frac{1}{2}$ cup dried **cranberries**

Something to **Chew** On

- Cooking with five senses: check out the smell, texture and taste of your ingredients
- Curious about the ingredient origin? Where do coconuts and cinnamon grow?
- How to read nutrition facts and ingredient lists
- What vegetables and fruits should you buy organic?
- Try this on greek yogurt

Topping

1. Combine 1 Tablespoon **olive oil** and the **oats** in a skillet and stir to combine.
2. Cook over medium heat, approximately 3 minutes, stirring constantly until oats are toasted.
3. Add the **apple juice** and while stirring, cook for another minute.
4. Add the remaining 1 teaspoon of **olive oil**, the **coconut** and the **cinnamon**. Lower heat to medium-low and continue to cook for about 5 minutes until light brown. Turn off the heat and add the **melted butter**. Set this aside.

Filling

5. Combine the **water**, diced **apples**, **flour**, **cinnamon** and 2 Tablespoons of the **apple juice** in a medium pot.
6. Simmer on medium-low heat approximately 10 minutes, stirring occasionally.
7. Add the remaining 2 Tablespoons of **apple juice** and the **cranberries** halfway through. Add more juice or butter as needed to prevent drying /sticking until apples are soft. Remove from heat.
8. Spoon filling into 4 bowls, and cover each with topping mixture. Serve warm or at room temperature.