



Apple cherry crisp



Ingredients:

2 Apples, peeled and sliced	¾ cup low fat granola
1 cup pitted fresh or frozen cherries	1/8 tsp vanilla
¾ cup rolled oats	2/3 cup apple juice
½ tsp cinnamon	
1/3 cup maple syrup	
1 tsp cornstarch or arrowroot	

Directions:

Preheat oven to 350F degrees. Layer 9x9 baking pan with apples and cherries. Mix the remaining ingredients in a bowl and pour evenly over the fruit. Bake for 30-45 minutes or until fruit is soft and topping is crisp and golden.

Carbohydrate - Grain = 2 Fruit = 1

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