Cider-Apple Crumble
in a new light

Makes: 8 servings
 Prep Time: 15 minutes
 Cook Time: 50 minutes
 Difficulty: Easy

Ingredients:

• 1/2 cup golden raisins, coarsely chopped
• 3 tablespoons apple cider or apple juice
• 4 Golden Delicious apples, peeled, cored, and sliced
• 5 tablespoons sugar
• 1 1/2 teaspoons ground cinnamon
• Pinch salt
• 1/2 cup white whole wheat flour
• 1/4 cup old-fashioned rolled oats
• 2 tablespoons canola oil

Directions:

Combine raisins and cider in a small bowl. Let stand until plump, about 15 minutes.

Preheat oven to 350°F. Spray a 9 x 9-inch baking dish with cooking spray. Toss together the apples, 3 tablespoons of the sugar, 1 teaspoon cinnamon, and salt in a large bowl. Spoon into the baking dish. Sprinkle raisin mixture over the top.

To make the topping, using a fork, combine flour, oats, the remaining 2 tablespoons of sugar, oil, and remaining 1/2 teaspoon of cinnamon in a small bowl until well blended. Sprinkle evenly over the filling.

Bake until the filling is bubbly and the topping is golden, 45–50 minutes. If the topping starts to brown too quickly, loosely cover with a piece of foil during the last 15 minutes of baking time. Cool on a rack. Serve warm or at room temperature.

Nutritional Information: Per serving (1/2 cup): 170 calories, 4 g fat (0 g saturated, 0 g trans), 0 mg cholesterol, 40 mg sodium, 34 g carbohydrate, 4 g fiber, 2 g protein.