

# Apple Cranberry Crisp

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Serves: 5

## Ingredients:

1 cup flour  
3/4 cup Splenda  
1 1/2 teaspoons cinnamon ground  
1/8 teaspoon salt  
5 ounces butter diced in small pieces  
3/4 cup pecans pieces  
1/2 cup graham cracker crumbs

## Topping:

2 pounds Granny Smith apples, peeled and sliced  
1 1/4 tablespoons lemon juice  
3/4 cup Splenda  
3/4 teaspoon cinnamon ground  
2 1/2 tablespoons flour  
2 tablespoons Old Orchard Healthy Balance  
Apple Cranberry juice cocktail  
3 tablespoons butter diced in small pieces  
1 1/2 cups dried cranberries

Place first seven ingredients in a food processor and pulse until small clumps. Take 5 soup cups and butter the bottoms. Toss the apple slices with the lemon juice and apple-cranberry juice cocktail, then add the Splenda, flour, and cinnamon and mix together. Toss in the cranberries and place in the soup cups. Sprinkle on the topping and bake at 350 degrees for about 20 minutes. Look for the liquid to boil out.

## Nutrition Facts

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### Amount Per Serving

Calories 404

Calories from Fat 167

	<b>% Daily Value*</b>
<b>Total Fat</b> 20g	<b>31%</b>
Saturated Fat 1g	<b>4%</b>
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 185	<b>8%</b>
<b>Total Carbohydrate</b> 52	<b>17%</b>
Dietary Fiber 7g	<b>30%</b>
Sugars 4g	
<b>Protein</b> 2g	
Vitamin A 6%	Vitamin C 9%
Calcium 1%	Iron 9%

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\*Percent Daily Values are based on a 2,000 calorie diet.