



Strawberry, Rhubarb, Apple Crisp

Ingredients:

TOPPING:

- ¾ cup quick-cooking rolled oats
- ¼ cup whole wheat flour
- ¼ cup packed brown sugar
- ½ tsp ground cinnamon
- 3 Tbsp margarine, melted

FILLING:

- 3 cups apples, peeled and sliced
- 1 ½ cups strawberries, sliced
- 1 ½ cups rhubarb, sliced
- ½ cup packed brown sugar
- 2 tbsp orange juice
- 1 ½ Tbsp cornstarch

Instructions:

1. Combine all topping ingredients in a medium sized bowl until mixture resembles coarse crumbs. Combine all filling ingredients in a large bowl. Mix well. Set aside.
2. Spray a shallow 8x12 inch baking dish with non-stick spray. Pour in fruit and spread evenly. Sprinkle topping over filling.
3. Bake at 375 F, uncovered, for 35-40 minutes, until fruit is tender and topping is golden brown. Serve warm, or at room temperature. Makes 6 servings

In motion Nutrition Tip:

Depending on the time of year, fresh rhubarb and strawberries can be difficult to find, or very expensive. Frozen versions work quite well and can be substituted into this recipe.