

Cranberry Apple Crisp

This is as pretty as it is tasty and completely healthy. Wonderful for Christmas and Thanksgiving!

1 bag of fresh Cranberries (rinsed)
2 Tbs Whole Wheat Flour (Options: Coconut Flour **or** Almond Flour)
5-6 Granny Smith Apples (#3 cone)
½ - ¾ Tsp Cinnamon
¼ Tsp Nutmeg
4-6 Tbs Xylitol (may substitute 2-3 Tbs Brown Sugar)

Topping:

1 C Walnuts (chopped)
1 Cup Oatmeal
¼ C Wheatgerm (Option: Ground Flax Seed)
¼ C Whole Wheat Flour (Options: Coconut Flour **or** Almond Flour)
6 oz. Vanilla Yogurt
3-4 Tbs Xylitol (may substitute 1.5 – 2 Tbs Brown Sugar)

Mix spices and xylitol with cranberries & apples and place in 11" skillet. In separate bowl, mix topping ingredients and cover fruit as a topping. Medium heat, click, low for 15-20 minutes. To brown topping, place in preheated oven for 5 minutes or so at 350°. Enjoy alone or with vanilla ice cream! Note: You may wish to substitute butter for yogurt if you don't mind the extra calories! Xylitol is a natural sweetener with cavity fighting qualities!