

## Apple Blueberry Walnut Crisp

*Makes 6 Servings*

### Filling:

3 large red or golden delicious apples (about 2 pounds), peeled and cut into 1/2-inch pieces (about 4 cups)

2 tablespoons packed brown sugar

2 tablespoons whole wheat flour

1 teaspoon vanilla extract

1/2 teaspoon ground cinnamon

1/2 pint blueberries (1 cup)

### Crisp topping:

3/4 cup walnuts, very finely chopped

1/4 cup old-fashioned or quick-cooking oats

2 tablespoons packed brown sugar

2 tablespoons whole wheat flour

2 tablespoons ground flaxseed

1/2 teaspoon ground cinnamon

1/8 teaspoon salt

2 tablespoons canola oil

1. Preheat the oven to 400°F.
2. Combine the apples, brown sugar, flour, vanilla, and cinnamon in a large bowl and toss to coat. Gently toss in the blueberries. Place the apple mixture in an 8 x 8-inch baking dish and set aside.
3. To make the topping, combine the walnuts, oats, brown sugar, whole wheat flour, flaxseed, cinnamon, and salt in a medium bowl. Add the canola oil and stir until the dry ingredients are well coated.
4. Spread the topping evenly over the fruit mixture. Bake 40 to 45 minutes, or until the fruit is tender and the topping is golden brown (cover with foil if the topping browns too quickly).

**Nutrition Information per Serving:** 260 calories, 16g total fat, 1.5g saturated fat, 2.3 g omega-3 fat, 105mg sodium, 30g carbohydrate, 4g fiber, 4g protein