

Healthy Apple Cranberry Cobbler

Ingredients

12 large green apples , peeled , cored & sliced
8 ounces fresh or dried cranberries
Juice of one lemon
1/3 cup brandy
1 teaspoon cinnamon
2 tablespoons whole wheat pastry flour

Topping

1 ½ cups old-fashioned rolled oats
½ cup toasted wheat germ
¾ teaspoon salt
1 ½ teaspoon cinnamon
½ cup light brown sugar
1/3 cup of canola or sunflower oil
1/3 cup maple syrup

Preparation

Preheat oven to 375 degrees F.

Toss the sliced apples in a large bowl with the cranberries, lemon juice , brandy , 1/3 cup of light-brown sugar , 1 teaspoon cinnamon, and the whole wheat pastry flour. Mix well.

Pile the apple mixture into a shallow baking dish.

Mix together the topping ingredients and spread over the apple mixture.

Cover the baking dish with aluminum foil and bake for about 20 min.

Uncover and bake for 40 min more until the apples are soft.

Great warm or cold !

This cobbler contains much less fat and sugar than the traditional cobblers .

Helpful Household Hint

Spray your Tupperware with non-stick cooking spray before pouring in tomato-based sauces and there won't be any stains.