

# Blueberry Cranberry Crisp

## Ingredients:

- 2 cups frozen blueberries
- 1 1/2 cups fresh cranberries
- 3 tablespoons sugar
- 3/4 cups light brown sugar
- 7 tablespoons butter
- 1/2 cup flour
- 1 cup rolled oats
- 3/4 teaspoons cinnamon

## Directions:

1. Preheat oven 375°F. Rinse and drain the cranberries and frozen blueberries in a square baking dish. Sprinkle with 3 tablespoons sugar.
2. In a large bowl, combine the oats, flour, cinnamon, and brown sugar.
3. Add the butter and mix together until it resembles a crumb topping.
4. Spread the crumb topping over the berries and bake for 35 minutes or until berries are bubbly and the crumb topping is lightly browned.

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (95g)	
Servings Per Container 9	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 60mg</b>	<b>3%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 23g	
<b>Protein 2g</b>	
Vitamin A 10%	• Vitamin C 10%
Calcium 0%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000      2,500
Total Fat	Less than 65g      80g
Saturated Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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