Skillet Fall Fruit Crisp

Nothing says “fall” quite like a bowl of warm seasonal fruit along with toasted granola and a scoop of ice cream. This skillet desert recipe is not only quick and simple to prepare, it showcases the flavors and nutrition from the season’s harvest. Tart green apples and naturally sweet peaches take center stage in this healthy and delicious fruit crisp.

Let us know if you try out this recipe and tell us what you think!

Recipe submitted by: Christy Wilson, RD
Recipe from: Inspired by The American Institute for Cancer Research’s Skillet Apple-Cranberry Granola Crisp

Skillet Fall Fruit Crisp
Serves: 4
Cook time: 10 minutes
Ready in 15 minutes

Ingredients
- 1 cup lowfat granola
- 2 tbsp. apple juice
- 1 tsp. cornstarch
- 2 medium green apples, cored, peeled and diced into small pieces 1/8-inch wide
- 1 peach cut into ½ inch slices
- 2 tbsp. light brown sugar
- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- 1 tsp. lemon juice
- 2 tsp. canola oil
- ½ cup dried cranberries
- 1 cup slow churned ice cream

Directions
1. Toast granola for 2-3 minutes in a large nonstick skillet over a low heat.
2. In a small bowl combine apple juice and cornstarch.
3. In a medium bowl, combine cornstarch mixture with apples, peach, sugar, cinnamon, nutmeg and lemon juice.
4. Wipe skillet clean, add oil and heat over medium heat.
5. Add apple-peach mixture, spreading evenly over bottom of pan, and cook, stirring constantly, until browned but not mushy, 4 minutes.
6. Add cranberries and heat through.
7. Stir in granola and reduce heat to low.
8. Flatten mixture with wooden spoon, cover with lid and cook another 1-2 minutes.
9. Serve topped with ice cream.

Nutrition Facts
Serving size (174g)
Serving per container

| Amount Per Serving | Calories 250 | Calories from Fat 45%
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<tbody>
<tr>
<td></td>
<td>% Daily Value</td>
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<tr>
<td>Total Fat 5g</td>
<td>8%</td>
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<tr>
<td>Saturated Fat 1g</td>
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<tr>
<td>Trans Fat 0g</td>
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<tr>
<td>Cholesterol 10mg</td>
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<tr>
<td>Sodium 80mg</td>
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<tr>
<td>Total Carbohydrate 53g</td>
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<tr>
<td>Dietary Fiber 4g</td>
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<tr>
<td>Sugars 36g</td>
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<td>Protein 3g</td>
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Vitamin A 2% • Vitamin C 10%
Calcium 4% • Iron 2%

*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 per gram:
Fat 9 • Carbohydrate 4 • Protein 4