



Apple-Pear Crumble



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1/2 of recipe (about 1 cup): 188 calories, 3.5g total fat (1g sat. fat), 48mg sodium, 39g carbs, 5.5g fiber, 21g sugars, 2g protein

Prep: 15 minutes **Cook:** 20 minutes



Ingredients

1 cup chopped pear
1 cup chopped apple
1 1/2 tsp. cornstarch
1 1/2 tbsp. brown sugar (not packed), or *HG Alternative*
1/4 tsp. cinnamon
1/4 cup old-fashioned oats
1 tbsp. whole-wheat flour
1 tbsp. light butter

Directions

Preheat oven to 350 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

In a medium bowl, mix pear with apple. Add cornstarch, 1 tbsp. brown sugar, and 1/8 tsp. cinnamon. Stir until evenly coated.

In another medium bowl, combine oats, flour, remaining 1/2 tbsp. brown sugar, and remaining 1/8 tsp. cinnamon. Add butter, and stir until well mixed and crumbly.

Distribute fruit mixture onto the center of the foil. Evenly top with oat mixture.

Place another large piece of foil over the fruit. Fold together and seal all four edges of the two foil pieces, forming a well-sealed packet.

Bake for 20 minutes, or until topping has lightly browned and fruit has softened.

Cut packet to release steam before opening entirely.

MAKES 2 SERVINGS

HG Alternative: If you like, use Truvia Brown Sugar Blend in place of the brown sugar. Just use half the amount: 1/2 tbsp. in the fruit mixture and 3/4 tsp. in the oats mixture. Then each serving will have 174 calories, 37g carbs, and 17g sugars (**SmartPoints®** values*: 3 on **Green Plan**, 3 on **Blue Plan**, 2 on **Purple Plan**).

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