



- 1 1/2 cup oats (quick, uncooked)
- 1/4 cup butter, softened
- 2 tbsp apple butter

NutraFiber® Flakes™

High Fiber Apple and Pear Crisp

What you need:

- 3 cups diced, peeled apples
- 2 cups diced, peeled pears
- 1/2 cup whole wheat flour
- 1 tbsp lemon juice
- 1/2 tsp salt
- 1 tsp cinnamon powder
- 1/2 tsp nutmeg
- 2 tbsp NutraFiber® Flakes™
- 1/2 cup brown sugar
- 1/4 cup granulated sugar

Instructions:

1. Preheat oven to 350° F.
2. Cut the apples and pears into 1/2 inch chunks.
3. Place the fruit in a large bowl, add lemon juice and toss to coat fruit.
4. In a separate bowl, combine whole wheat flour, salt, cinnamon, and nutmeg; mix well.
5. Mix flour & spice mixture with the apples and pears. Pour into an 8” x 8” pan.
6. For the topping, combine the oats, brown sugar, sugar, NutraFiber Flakes, apple butter and butter in a bowl. Mix on low speed until the mixture forms large crumbles.
7. Sprinkle topping mixture evenly over the fruit, covering the fruit completely.
8. Bake for 40-50 minutes, until the top is brown and the fruit is bubbly.
9. Serve warm.

Yield: 8 servings.

Nutritional Information Serving size: 1 slice (125 g)	Amount per serving
Total Carbohydrate, g	48.7
Total Fiber, g	5.2
Net Carbohydrate, g	43.5
Total Protein, g	3.3
Total Fat, g	6.5
Total Calories, kcal	242.5