

## Apple-Pear Crumble

2 servings

**Prep:** 5 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)  
1/4 tsp. cinnamon  
1/4 cup old-fashioned oats  
1 tbsp. whole-wheat flour  
1 tbsp. light whipped butter or light  
buttery spread (like Brummel & Brown)



### **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.

### **Nutrition Information:**

#### **2 Servings (about 1 Cup)**

190 calories  
2 g protein  
39 g carbohydrate  
4 g fat

#### **4 Servings (about 1/2 Cup)**

95 calories  
1 g protein  
20 g carbohydrate  
2 g fat

#### **6 Servings (about 1/3 Cup)**

65 calories  
1 g protein  
13 g carbohydrate  
1 g fat