Fibre-Rich Apple Cranberry Crisp

Overview

This dessert is the epitome of comfort food; warm and slightly sweet with a light buttery crunch. Mixing up a large pan of this will feed a crowd and spread good feeling, a heart healthy amount of fibre, and a large serving of antioxidants.

Adapted From: Metro Kitchen, 2011

Ingredients

Fruit Filling:
- 1/3 cup white sugar
- 1 tsp grated lemon peel
- 5 cups of unpeeled, sliced apple (try Honey Crisp varieties in the fall for maximum flavour punch!)
- 1 cup fresh cranberries or frozen cranberries (thawed)

Topping:
- 2/3 steel cut rolled oats
- 1/3 cup packed brown sugar
- ¼ cup whole wheat flour
- ¼ cup finely chopped pecans
- 3 tsp cinnamon
- 1 tsp nutmeg
- 4 tbsp butter or margarine, melted

Directions

1.) Combine sugar and lemon peel in a medium bowl and mix well before stirring in apples and cranberries
2.) Spoon into a 6-cup baking dish
3.) In another small bowl combine oats, brown sugar, flour, pecans, cinnamon and nutmeg
4.) Stir in melted margarine and toss until evenly distributed and mixture is crumbly
5.) Sprinkle topping over filling in pan
6.) Bake at 375 ° for 40 minutes or until filling is bubbly and top is brown

Makes 8 servings

Nutrition Information

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Cranberries: a Splash of Colour in the Heart of Winter!

December marks the beginning of a month filled with holiday cheer and many a festive party to attend, most of which center around good company and good food. Cold weather inspires hearty, rich entrees and an array of sticky, sweet desserts – a menu that makes it hard to get our recommended servings of brightly coloured fruits and vegetables. Cranberries are a beautiful, flavourful way to boost antioxidant content in holiday meals.

Extra Cranformation!!

Cranberries offer an incredible range of health benefits, the majority of which are not outlined in this newsletter due to space constraints! Did you know cranberry has its own Natural Health Product monograph as designated by Health Canada?! If you are interested in a comprehensive resource that details emerging research regarding cranberries and human health, The Cranberry Institute is a website “dedicated to supporting research and increasing awareness about the benefits of the cranberry.” Check it out! -> http://www.cranberryinstitute.org/

Cranberries are a great source of vitamin C, manganese, and vitamin K
- increase urinary levels of hippuric acid, an anti-bacterial that prevents urinary tract infections
- provide proanthocyanidins which reduce oral plaque formation
- increase the ratio of good (HDL) cholesterol to bad (LDL) cholesterol
- are infused with high levels of antioxidants that protect the eyes against aging and prevent cancer by dissuading tumour growth

Overall cranberries have antioxidant, antiviral, anticancer and anti-inflammatory properties, making them an excellent choice to garnish entrees, drinks or feature in a show-stopping dessert.

References: Rao, Dr. Nishant. (2009)

ALERT! Additional Sugar in Cranberry Products

As many of us know, cranberry’s tart taste can be a deterrent when it comes to choosing fruits, thus commercial cranberry products come loaded with sugar and other additives. Cranberry juice cocktails, canned cranberry sauce and sweet cranberry fillings may taste good but cannot be misconstrued as healthy due to the content of high fructose corn syrup and other sickly sweeteners. To avoid sacrificing cranberries in the diet, try buying 100% cranberry juice and serving it mixed with soda water and a wedge of lime for a refreshingly light treat. Purchase fresh or frozen cranberries and add them to homemade loaves, muffins or pancakes. Its a great way to use the whole fruit while diluting its tartness with a different texture and control the amount of added sugar. Let’s get cookin’!
Health-Savvy Holiday Party Etiquette!

When you’re trying to be health-conscious and mindful of what you eat, holiday dinner parties can be a bit of a roadblock! With so many big, hearty meals, delicious desserts and alcohol right at your disposal, it’s easy to fall off track of the healthy-eating train and over-indulge. Not only are we tempted by these treats, but often we worry about being impolite and offending the hosts by refusing certain offerings. However, not to worry! Here are a few ways to stay on track nutritionally during the holiday season, keep your good manners in check and treat yourself a little too!

Portion control: No one says you have to eat all of those cheese-covered mashed potatoes ... and a piece of your grandmother's famous cheesecake ... and one or two homemade shortbread cookies ... and, well you get the point. Try picking one of your favourite “treats” and sticking to just that. Depriving yourself will only leave you feeling unsatisfied and upset. If you still feel like that's too much, have half a portion of what you normally would. After all, the holidays are a time to relax and let yourself indulge a little.

Set your plate up smart: Try filling up half of your dinner plate with vegetables, and leave the other half for everything else. This way, no matter what you load the rest up with, you’ve gotten a good helping of veggies which are lower in calories and packed full of vitamins and nutrients.

Limit alcohol consumption: Alcohol is high in empty calories, meaning it doesn’t provide any nutrients for the amount of calories it contains. However, studies are showing that having 1-2 drinks per day can actually be beneficial to your health. Try having a glass of wine with dinner, but skipping the pre- and post- offers.

If you really must refuse an offering: just make sure to be as polite as possible and respectful to peoples’ feelings. Explain that while it may look wonderful, you are trying to be mindful of what you eat and you’ll have to say no this time. Another good idea is to bring a recipe yourself to share that is a healthier alternative to certain traditional dishes. See the recipe for Fibre-Rich Apple Cranberry Crisp on the other side of the newsletter for a tasty, health-savvy inspiration!

Refrain from skipping meals: Many individuals try to “prepare” for holiday dinners by reducing the amount they eat during the day. While this may seem like an effective strategy, it typically means that you end up starving at dinner time and are less able to control food choices and portion sizes. Aim to eat as you usually would all day long in order to have the best possible chance of trying the four strategies listed above.
Brought to you by the Dietitians at the HPC

Did you find this newsletter interesting and helpful?

Do you have more questions on how to make healthy changes to your lifestyle?

Come see a Registered Dietitian at the HPC. Learn how much you need to eat, how to optimize your metabolism, prevent cravings, and increase your energy levels!

For information on our Dietitians and our programs, check out the HPC website (www.uoguelph.ca/hpc) and click on the "Fitness and Nutrition" tab, or call a friendly receptionist at 519-767-5011

References and Further Reading

- Wine Glass Banner taken from: http://austrianwineusa.com/page/3/
- The Cranberry Institute: http://www.cranberryinstitute.org/
- Happy Holidays picture: http://www.google.ca/imgres?q=happy+holidays&num=10&um=1&hl=en&biw=1280&bih=861&tbnid=te3zA9