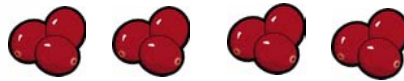


Pick a better snack & Act



This week Week Four



Snack

Winter Crisp

Filling:

½ cup sugar
3 Tablespoons all-purpose flour
1 teaspoon grated lemon peel
5 cups unpeeled, sliced apples
1 cup raw cranberries

Topping:

2/3 cup rolled oats
1/3 cup packed brown sugar
¼ cup whole wheat flour
2 t. ground cinnamon
3 T. soft margarine, melted

Filling: Combine sugar, flour, and lemon peel in a medium bowl and mix well. Stir in apples and cranberries. Spoon into a 6-cup baking dish.

Topping: Combine oats, brown sugar, flour and cinnamon in a small bowl. Stir in melted margarine. Sprinkle topping over filling.

Bake at 375°F for 40 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature. Makes 6 servings.



Be Active

- Invent resistance exercise with a weight and bungycord
- Walk to the mail box to send your holiday greeting cards
- Find the snow shovel and practice knee bends to save your back

More Info

The Iowa Nutrition Education Network, partnering with the USDA Team Nutrition, encourages you to balance food choices with physical activity to stay fit. For more information, call the ISU Answerline at 1-800-262-3804 or visit us on the web at www.extension.iastate.edu/food/.