

# Apple Blackberry Crumble

*The Manor Farm Inn - Poulsbo, WA  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 10

*4 cups apples, sliced  
1 cup blackberries  
1 to 1-1/2 cups brown sugar  
2 teaspoons ground cinnamon*

### TOPPING

*3/4 cup lightly packed brown sugar  
3/4 cup flour  
3/4 cup rolled oats  
1/2 cup chopped walnuts  
1/2 cup butter  
1/2 teaspoon ground cinnamon*

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Preheat the oven to 375 degrees.

In a bowl, toss together the apples, blackberries, brown sugar and cinnamon. Place in a greased 13x9 baking dish.

In a bowl, blend the brown sugar, flour, rolled oats, walnuts, butter and cinnamon. Sprinkle evenly on top of the fruit.

Bake for one hour.

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Per Serving (excluding unknown items): 266 Calories; 13g Fat (43.7% calories from fat); 4g Protein; 35g Carbohydrate; 3g Dietary Fiber; 25mg Cholesterol; 100mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 2 1/2 Fat; 1 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	266	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	43.7%	<b>Vitamin B12 (mcg):</b>	trace
<b>% Calories from Carbohydrates:</b>	50.8%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	5.4%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	13g	<b>Folacin (mcg):</b>	15mcg
<b>Saturated Fat (g):</b>	6g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	4g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	3g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	25mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	35g		

## Food Exchanges

**Dietary Fiber (g):** 3g  
**Protein (g):** 4g  
**Sodium (mg):** 100mg  
**Potassium (mg):** 199mg  
**Calcium (mg):** 38mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 6mg  
**Vitamin A (i.u.):** 420IU  
**Vitamin A (r.e.):** 93RE

**Grain (Starch):** 1  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 2 1/2  
**Other Carbohydrates:** 1

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## Nutrition Facts

Servings per Recipe: 10

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### Amount Per Serving

**Calories** 266 Calories from Fat: 116

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#### % Daily Values\*

<b>Total Fat</b>	13g	21%
Saturated Fat	6g	30%
<b>Cholesterol</b>	25mg	8%
<b>Sodium</b>	100mg	4%
<b>Total Carbohydrates</b>	35g	12%
Dietary Fiber	3g	14%
<b>Protein</b>	4g	

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<b>Vitamin A</b>	8%
<b>Vitamin C</b>	10%
<b>Calcium</b>	4%
<b>Iron</b>	9%

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\* Percent Daily Values are based on a 2000 calorie diet.