

Dessert

Apple-Berry Brown Betty

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Servings: 8

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 10 minutes

1 stick unsalted butter, melted

4 Golden Delicious apples, peeled, cored and cut into 3/4-inch pieces

2 cups blackberries

1/3 cup granulated sugar

1 teaspoon ground cinnamon

1/2 teaspoon freshly grated nutmeg

zest of 1/2 lemon, finely grated

juice of 1/2 lemon

2 tablespoons all-purpose flour

1 cup (about 6) sugar cones, crushed

1/2 cup packed light brown sugar

1/2 cup almonds, chopped

1/2 teaspoon Kosher salt

vanilla ice cream (for topping)

Preheat the oven to 350 degrees.

Spray a 1 1/2-quart baking dish with nonstick cooking spray.

In a large bowl, toss the apples, blackberries, granulated sugar, 1/2 teaspoon of the cinnamon, 1/4 teaspoon of the nutmeg, lemon zest, lemon juice, flour and four tablespoons of the melted butter.

In another bowl, combine the cones, brown sugar, remaining cinnamon, remaining nutmeg, almonds, salt and the remaining melted butter.

Pour half of the apple-berry mixture into the prepared baking dish. Scatter half of the cone mixture on top. Spread the remaining apple-berry mixture on top, then sprinkle with the remaining cone mixture.

Bake until the apples are soft and the topping is golden brown, about 40 to 45 minutes.

Transfer the dish to a rack and let sit for 10 minutes before serving.

Top with ice cream or whipped cream, if desired.

Per Serving (excluding unknown items): 294 Calories; 16g Fat (48.2% calories from fat); 3g Protein; 37g Carbohydrate; 4g Dietary Fiber; 31mg Cholesterol; 128mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Fruit; 3 Fat; 1 1/2 Other Carbohydrates.