

# Simple Apple-Blackberry Crisp

Paula Macri - Gattuso's Bella Cucina  
Scripps Treasure Coast Newspapers

1/2 cup brown sugar  
1/3 cup Special K cereal  
1/3 cup flour  
1/2 cup butter  
1/2 cup pecans (or walnuts)  
3 teaspoons cinnamon  
1/2 teaspoon nutmeg  
4 medium apples, peeled, cored and sliced  
3/4 cup blackberries  
1/4 cup sugar

Preheat the oven to 375 degrees.

In a large mixing bowl, mix together the brown sugar, Special K, flour, butter, pecans, two teaspoons of cinnamon and nutmeg. Using your hands, rub the mixture until it is lumpy.

In a bowl, stir the apples, blackberries, sugar and the remaining cinnamon together until everything is well coated. Pour the mixture into a greased baking dish. Sprinkle the Special K mixture over the top.

Bake for about 45 minutes until the apples are cooked and the topping is crisp.

Remove from the oven and serve either warm or at room temperature. (If desired, you may top with Cool Whip or ice cream.)

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Per Serving (excluding unknown items): 1835 Calories; 95g Fat (44.9% calories from fat); 7g Protein; 256g Carbohydrate; 26g Dietary Fiber; 248mg Cholesterol; 968mg Sodium. Exchanges: 2 1/2 Grain(Starch); 6 1/2 Fruit; 18 1/2 Fat; 8 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	1835	Vitamin B6 (mg):	.3mg
% Calories from Fat:	44.9%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	53.6%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	1.5%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	95g	Folacin (mcg):	70mcg

**Saturated Fat (g):** 58g  
**Monounsaturated Fat (g):** 27g  
**Polyunsaturated Fat (g):** 4g  
**Cholesterol (mg):** 248mg  
**Carbohydrate (g):** 256g  
**Dietary Fiber (g):** 26g  
**Protein (g):** 7g  
**Sodium (mg):** 968mg  
**Potassium (mg):** 1210mg  
**Calcium (mg):** 254mg  
**Iron (mg):** 8mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 56mg  
**Vitamin A (i.u.):** 3957IU  
**Vitamin A (r.e.):** 907RE

**Niacin (mg):** 3mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** n n%

### Food Exchanges

**Grain (Starch):** 2 1/2  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 6 1/2  
**Non-Fat Milk:** 0  
**Fat:** 18 1/2  
**Other Carbohydrates:** 8

## Nutrition Facts

### Amount Per Serving

**Calories** 1835                      **Calories from Fat:** 824

### % Daily Values\*

<b>Total Fat</b>	95g	147%
Saturated Fat	58g	290%
<b>Cholesterol</b>	248mg	83%
<b>Sodium</b>	968mg	40%
<b>Total Carbohydrates</b>	256g	85%
Dietary Fiber	26g	103%
<b>Protein</b>	7g	
<b>Vitamin A</b>		79%
<b>Vitamin C</b>		93%
<b>Calcium</b>		25%
<b>Iron</b>		43%

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