

Apple Blueberry Crisp

- 4 medium-sized apples, peeled and chopped
- 2 cups blueberries, frozen or fresh
- 4 tablespoons sugar
- 2 teaspoons cornstarch
- 1 tablespoon water
- 1 teaspoon lemon juice
- 1 cup quick-cooking oats
- ½ cup all-purpose flour
- ½ cup packed brown sugar
- 1 teaspoon ground cinnamon
- ½ cup cold unsalted butter

Wash hands with soap and warm water, **scrubbing** for at least 20 seconds. **Gently clean** all produce under cool running water. **Preheat** oven to 375 degrees F. **Place** apples and blueberries in a greased 2-quart baking dish. In a small bowl, **combine** the sugar, cornstarch, water, and lemon juice until smooth. **Pour** over apples and blueberries. In a medium bowl, **combine** the oats, flour, brown sugar, and cinnamon. **Cut** butter into the flour mixture until crumbly. **Sprinkle** over fruit. **Bake** uncovered for 40 to 45 minutes or until filling is bubbly.

Yield: 14 servings. **Nutrition Analysis:** 180 calories, 7g total fat, 4g saturated fat, 15mg cholesterol, 0mg sodium, 28g total carbohydrate, 2g fiber, 18g total sugars, 11g added sugars, 2g protein, 0% DV vitamin D, 2% DV calcium, 6% DV iron, 2% DV potassium.



Kentucky Apples

SEASON: Early summer through December

NUTRITION FACTS: Apples are high in fiber and contain a good amount of vitamin C and potassium.

SELECTION: Look for firm, crisp, well-colored fruit. Avoid those with shriveled skin, bruises, worm holes, and decayed spots. Always handle apples gently to avoid causing bruises, blemishes, or other defects.

STORAGE: Use those with bruises or skin breaks as soon as possible. Apples that are slightly underripe should be stored in a cool place to ripen. Once ripe, apples will keep a week or longer stored in the refrigerator vegetable drawer or in a plastic bag.

PREPARATION: Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by squeezing a bit of lemon juice on the cut surface.

Kentucky Proud Project

County Extension Agents
for Family and Consumer Sciences

University of Kentucky, Dietetics
and Human Nutrition

Source: Kentucky Nutrition
Education Program Calendar
Recipes

September 2025

Look for the Kentucky Proud
label at your grocery store,
farmers' market, or roadside stand.

fcs.mgcafe.uky.edu/plate-it-up

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