

## Signs of autumn begin with cranberries

As a fruit that brings signs of autumn, cranberries are considered a “super” fruit that have many disease-fighting properties. Research has found that cranberries contain proanthocyanidins, which helps to prevent urinary tract infections. In addition, they are also a source of antioxidants such as vitamin C and flavonoids, which have been associated with decreasing the risk of heart disease.

A low-calorie fruit, one cup of 250mL of cranberries contain only 46 calories. While cranberries are tart in taste, they exert pleasant aromas in baking when combined with other fruits. Try the recipe below as a dessert for the thanksgiving table:

### Apple Cranberry Crumble Pie

*Servings: 8*

#### Ingredients

1 9-inch (23cm) frozen deep-dish pie shell  
Streusel Topping:  
¾ cup quick cooking oatmeal (not instant)  
1/3 cup all-purpose flour (or whole wheat flour for a healthier option)  
1/3 cup brown sugar  
¼ cup coarsely chopped walnuts (optional)  
½ tsp cinnamon  
¼ cup cold unsalted butter, cut into cubes (or unsalted non-hydrogenated margarine for a healthier option)

#### Filling:

1/3 cup granulated sugar  
2 tbsp cornstarch  
½ tsp cinnamon  
¼ tsp nutmeg  
6 medium Ontario apples, peeled, cored and cut into 1/4-inch wedges  
1 cup Ontario cranberries

Adapted from: [Foodland Ontario](#)

1. Preheat oven to 400°F (200°C)
2. Thaw pie shell for 10 minutes. Set on a baking sheet to catch any drips while pie is baking.
3. To prepare streusel, combine oatmeal, flour, brown sugar, nuts and cinnamon in a medium bowl.
4. Add margarine.
5. Using fingers or a pastry cutter, cut margarine into oatmeal mixture just until fine crumb consistency. Set aside.
6. In a small bowl, stir together sugar, cornstarch, cinnamon and nutmeg. Set aside.
7. In a large bowl, combine apples and cranberries until mixed.
8. Stir in sugar mixture and coat fruit well.
9. Spoon into pie shell. Sprinkle streusel topping evenly over top.
10. Bake in centre of oven for 10 minutes. If topping begins to brown too quickly, cover loosely with a piece of foil.
11. Reduce oven temperature to 350°F (180°C) and continue to bake until apples are tender, filling is hot and topping is a deep golden brown, about 50 minutes.
12. Remove from oven and let stand at least 10 minutes before cutting into wedges.

#### For more information:

[Foodland Ontario](#)

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