



## From the Kitchen of Executive Chef Jessica VanRoo

### Pear and Cranberry Crumble

Serves 4

*320 calories per serving*

**Description from Living Well UCI Health Blog: [www.ucihealth.org/blog](http://www.ucihealth.org/blog)**

Cranberries make any dish more festive. The tart red berries in this recipe add a unique tang that compliments the sweetness of the pears.

Did you know that cranberries can help reduce urinary tract infections, lower blood pressure and improve cardiovascular health? And pears are high in vitamins A and C, which help improve skin while boosting immunity. They are also among the fruits with the highest amount of fiber.

While this scrumptious confection is sweetened with maple syrup, it is considerably lower in sugar and calories than most desserts.

Total cost: \$6.90/ \$1.73 per serving



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#### Filling

- 2 cups fresh or frozen cranberries (\$1.99)
- 2 firm pears, cored and diced (\$2.50)
- 2 teaspoons cornstarch or arrowroot starch (\$0.03)
- ¼ cup pure maple syrup (\$1)
- ½ teaspoon cinnamon (\$0.04)

#### Topping

- 1 cup rolled oats (\$0.48)
- ½ cup almond meal (\$0.56)
- ¼ cup brown sugar (\$0.08)
- 1 teaspoon cinnamon (\$0.08)
- 2 ½ tablespoons melted coconut oil (\$0.14)

#### Instructions

1. Preheat oven to 350 degrees.
2. Coat 9-inch cake or pie pan with nonstick spray.
3. Combine filling ingredients in large bowl, mix well and then pour into prepared pan.
4. In another bowl, combine topping ingredients, mix well and then sprinkle over filling.
5. Bake 35-40 minutes or until filling begins to bubble through the topping.
6. Serve warm with extra cinnamon on the table for spice lovers.