

Dialyvite[®]'s Apple Raspberry Protein Crisp



A new twist on an old favorite enriched with the benefits of Dialyvite[®] Hi-Peak Protein.

Ingredients:

3 cups chopped, peeled apple (I prefer Macintosh)
2 cups fresh raspberries
½ cup white sugar
¼ cup brown sugar, packed
1 teaspoon cinnamon

1½ cups rolled oats
2/3 cup flour
½ cup brown sugar, packed
3 scoops Dialyvite Hi-Peak Protein Powder
½ cup cold butter

Preheat oven to 375° F. Lightly spray a 13" x 9" pan with a non-stick cooking spray. Combine fruit, white sugar, ¼ cup brown sugar and cinnamon in a bowl. Place in the prepared pan. Combine remaining ingredients and mix until crumbly. Cover the fruit mixture with the topping. Bake in oven for 30-40 minutes, until top is golden brown and fruit is soft. Serve with whipped cream or a sprinkling of confections sugar. Makes 10 servings.

Each serving contains approximately:

6.6 grams of Protein 10 grams of Total Fat 3 grams Saturated Fat 28 grams of Sugar 74 milligrams of Sodium
204 milligrams of Potassium 4 grams Dietary Fiber 108 milligrams of Phosphorus 46 grams of Carbohydrates 296 Calories