Cranberry-Orange-Pear Granola Crisp

Source: Dr. Neal Barnard's Program for Reversing Diabetes by Neal Barnard, MD; recipe by Bryanna Clark Grogan

Cranberries, oranges, and pears combine for a delicious dessert!

About the Recipe

201 Calories · 3 g Protein · 7 g Fiber
Dessert

Ingredients

Makes 8 Servings

- large firm ripe pears, peeled, cored, thinly sliced (4)
- cranberries, thawed if frozen (2 1/2 cups)
- juice and finely grated peel of a medium orange (1)
- salt (1/4 tsp.)
- freshly grated nutmeg (1/4 tsp.)
- ground ginger (1/4 tsp.)
- thawed frozen pear or apple juice concentrate or mixed pear, apple, and peach juice concentrate (3/4 cup (6 ounces))
- cornstarch (2 tbsp.)
- reduced-fat granola (2 cups)

Directions

1. Preheat the oven to 400 F. Combine the pears, cranberries, orange juice, orange peel, salt, nutmeg, and ginger in a large bowl.
2. Stir the juice concentrate and cornstarch together in a small bowl. Immediately pour into the fruit mixture and blend well.
3. Pour into a 2-quart nonstick baking dish (or a baking dish lined with
parchment). Bake for 20 minutes.
4. Remove from the oven and reduce the heat to 350 F. Stir the fruit mixture
thoroughly and sprinkle the granola on top.
5. Bake for 20-30 minutes or until the fruit is very soft. Serve warm.

**Nutrition Facts**

*Per serving*

- **Calories:** 201
- **Protein:** 3 g
- **Carbohydrate:** 51 g
- **Sugar:** 27 g
- **Total Fat:** 1 g
  - **Calories from Fat:** 2%
- **Cholesterol:** 0 mg
- **Fiber:** 7 g
- **Sodium:** 101 mg