

# 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***

- 4 large firm ripe pears, peeled, cored, thinly sliced
- 2 1/2 c (400 g) cranberries, thawed if frozen
- 1 juice and finely grated peel of a medium orange
- 1/4 tsp (1.2 mL) iodized salt
- 1/4 tsp (1.2 mL) freshly grated nutmeg
- 1/4 tsp (1.2 mL) ground ginger
- 3/4 c (180 mL) (6 ounces) thawed frozen pear or apple juice concentrate or mixed pear, apple, and peach juice concentrate
- 2 tbsp (30 mL) cornstarch
- 2 c (222 g) reduced-fat granola

## Directions

1. Preheat the oven to 400 F (204 C). In a large bowl, combine the pears, cranberries, orange juice, orange peel, salt, nutmeg, and ginger.&nbsp;
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 (1.9-L) 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 (177 C). Stir the fruit mixture thoroughly and sprinkle the granola on top. Choose gluten-free granola for a gluten-free recipe.
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