

Cranberry-Chocolate Crumble

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INGREDIENTS

3/4 C water
1/2 C sugar
1 (12-oz) bag fresh or frozen cranberries, thawed
1/3 C seedless raspberry jam
Vegetable cooking spray
2 TBS milk chocolate chips
1/2 C all-purpose flour
1/3 C regular oats
1/4 C firmly packed brown sugar
3 TBS margarine, melted

INSTRUCTIONS

Combine first 3 ingredients in medium saucepan; bring to boil. Reduce heat and simmer 10 minutes, stirring occasionally. Remove from heat; stir in jam. Divide mixture evenly among 6 (6-oz) custard cups coated with cooking spray and sprinkle with chocolate chips - combine flour, oats, brown sugar + margarine; toss well. Sprinkle oat mixture evenly over cranberry mixture. Place cups on a baking sheet - bake 20 minutes at 350° or till bubbly.

YIELD: 6 servings

NUTRITIONAL INFO: CALORIES 305 (22% from fat); PROTEIN 2.5g; FAT 7.6g (sat 2g, mono 2.6g, poly 2g); CARB 58.6g; FIBER 1.5g; CHOL 2mg; IRON 1mg; SODIUM 82mg; CALC 19mg