

# Apple Crisp

Serves 10, 1 piece (1/10 of crisp) per serving

## Ingredients

- 5 medium apples
- ¾ cup light brown sugar, packed and divided
- ½ cup whole wheat flour, divided
- ½ teaspoon ground cinnamon
- Non-stick cooking spray
- ½ stick (2 ounces) cold, unsalted butter
- 1½ cups quick oats

## Optional Ingredients

¼ teaspoon ground nutmeg



## Directions

1. Preheat oven to 350°F.
2. Rinse and cut apples in half, lengthwise. Remove any stems. Cut out center core of apple that contains the seeds. Do not peel.
3. Place apples cut side down. Use a sharp knife to cut apples into ⅛-inch slices.
4. In a large bowl, combine sliced apples, ¼ cup of brown sugar, 1 Tablespoon of flour, cinnamon, and nutmeg, if using. Mix well.
5. Spray 9-inch square baking dish with non-stick cooking spray.
6. Pour apple mixture into baking dish. Spread evenly.
7. Dice butter into smaller cubes, using a sharp knife. In a medium bowl, combine remaining brown sugar and flour, oats, and butter. Mix with hands until crumbly.
8. Spread oat and flour mixture over apple mixture. Bake uncovered on middle rack of oven for 40 minutes or until top is lightly browned or bubbly.
9. Let sit for 15–20 minutes before serving.

## Nutrition Facts

Serving Size 1/10 of apple crisp  
Servings Per Recipe 10

Amount Per Serving

**Calories** 220    **Calories from Fat** 50

% Daily Value\*

**Total Fat** 6g    **8%**

Saturated Fat 3g    **15%**

Trans Fat 0g

**Cholesterol** 10mg    **3%**

**Sodium** 5mg    **0%**

**Total Carbohydrate** 41g    **15%**

Dietary Fiber 3g    **11%**

Sugars 26g

**Protein** 3g

Vitamin A 4%    • Vitamin C 6%

Calcium 2%    • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



## Chef's Notes - Make it Quick!

- Use any apples you like. Or, try a mix of apples for different textures and flavors.
- Top with low-fat vanilla frozen yogurt if you like.
- Use other fruits, such as peaches, pears, or berries, when in season.