



Apple Crisp



1-800-WIC-1007

Ingredients

- 6 medium baking apples, cored and thinly sliced
- 1 tablespoon flour
- 1 tablespoon sugar
- Juice of 1 lemon
- 1/4 teaspoon cinnamon

For the topping:

- 2 tablespoons flour
- 1/2 teaspoon cinnamon
- 2/3 cup oatmeal
- 1 tablespoon brown sugar
- 3 tablespoons melted butter

Directions

1. Preheat the oven to 375° F and spray the pan with cooking spray.
2. Add the sliced apples, flour, sugar, lemon juice, and cinnamon to a mixing bowl. Toss well and pour into a 9" square or round baking dish.
3. For the topping: Combine the flour, cinnamon, oatmeal, and brown sugar in the previously used bowl. Mix in the melted butter and stir well. Spread the topping evenly over the apples.
4. Bake at 375° F for 45 minutes. This can be served warm or cold.

Serves: 6 • Serving Size: 1 cup • Prep Time: 10 minutes • Cook Time: 10 minutes

Chef Tips

1. Substitute sliced pears for half or all of the apples
2. Add 1 cup frozen fruit such as strawberries, blueberries, or cranberries
3. Serve with vanilla yogurt
4. Keeps in the refrigerator for 3-5 days

Supplies

- Cutting board
- Knife
- Measuring cups
- Measuring spoons
- Mixing bowl
- Mixing spoon
- Cooking spray
- 9 inch square or pie pan



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Nutrition Facts Per Serving: 208 Calories, 7 g Fat, 36 g Carbohydrate, 3 g Protein, 4 mg Sodium