



Apple Crisp

Adapted from *EatFresh.org*



Ingredients



- 5 Apples Medium
- 3/4 cup **Sugar** *Light brown, packed & divided*
- 1/2 cup **Flour** *Whole wheat, divided*
- 1/2 teaspoon **Cinnamon** *Ground*
- **Nonstick Cooking Spray**
- 2 ounces **Unsalted Butter** *cold*
- 1 1/2 cups **Quick Oats**
- 1/4 teaspoon **Nutmeg** *Ground, optional*



Directions



Yield: 10 servings **Serving size:** 1/2 cup

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 1/8 - inch slices.
4. In a large bowl, combine sliced apples, 1/4 cup of brown sugar, 1 Tablespoon of flour, cinnamon, and nutmeg, if using. Mix well.
5. Spray 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.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



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Cooking Tips



- 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.

Second Harvest is an equal opportunity provider.

Nutrition Facts	
Serving Size 0.10	
Serving Per Container 10	
Amount Per Serving	
Calories 210	
	% Daily Value*
Total Fat 6 g	8%
Saturated Fat 3 g	15%
Total Carbohydrate 40 g	15%
Dietary Fiber 4 g	14%
Protein 3 g	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	



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