

Apple Crisp

Adapted from EatFresh.org



- 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

- 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





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.

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	

Second Harvest is an equal opportunity provider.



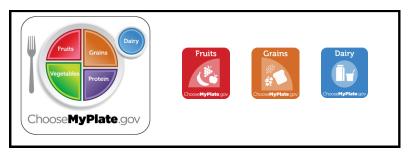
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Nutrition Facts Serving Size 0.10 Serving Per Container 10 Amount Per Serving Calories 210 % Daily Value Total Fat 6 g 8% Saturated Fat 3 g 15% Total Carbohydrate 40 g 15% Dietary Fiber 4 g 14% Protein 3 g * Percent Daily Values are based on a 2,000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