



Apple Crisp

Serving Size: 1/8 of recipe

Yield: 8 servings

Ingredients:

4-5 medium apples

1/4 cup quick cooking oatmeal

1/4 cup flour

1/2 cup brown sugar

1 Tablespoon cinnamon

1/4 cup margarine



Directions:

1. Preheat the oven to 350 degrees F.
2. Grease the bottom and sides of a square pan.
3. Remove the cores from the apples. Slice the apples.
4. Spread the sliced apples on the bottom of the pan.
5. Cut the margarine into small pieces and put in a medium-sized bowl.
6. Add the oatmeal, flour, brown sugar and cinnamon.
7. Using two knives, cut the margarine into the mixture until it looks like small crumbs.
8. Sprinkle the mixture over the top of the apples.
9. Bake in the oven for about 20 minutes.

Notes:

- 1.) *Use a soft margarine to reduce or remove Trans fat.*
- 2.) *For different tastes, try other fruits like cherries, pears, peaches, or plums.*

Nutrition Facts per Serving: Calories, 160; Calories from fat, 50; Total fat, 6g; Saturated fat, 1g; Trans fat 1.5g; Cholesterol, 0mg; Sodium, 50mg; Total Carbohydrate, 28g; Fiber, 2g; Protein, 1g; Vitamin A, 0%; Vitamin C, 6%; Calcium, 2%; Iron, 6%.

Source: Adapted from: Pennsylvania Nutrition Education Network Website Recipes, USDA Snap-ed Connections.



Cornell University
Cooperative Extension
Fulton and Montgomery Counties

Cornell Cooperative Extension in Fulton & Montgomery Counties provides equal program and employment opportunities.