

## Apple Crisp – 6 servings

Caitlin Biggs, Meghan Murphy, Tiffany Lovelace

5 Granny Smith Apples	1 t Cinnamon
1 c Brown sugar	1 t Nutmeg
1 c Quaker Oats	½ Stick of butter
¾ c Flour	¼ c Water

Recipe: 1253.75g, 2346 Calories, 21.3g Pro, 517.6g Cho, 50.9g Fat, 382mg Na  
Serving: 209g, 391 Calories, 3.55g Pro, 86.3g Cho, 8.5g Fat, 63.7mg Na



Warm apple crisp is a delicious dessert consisting of baked apples topped with a crispy crust. This modified Apple Crisp recipe is quick and easy to prepare and a healthier solution to your sweet tooth!

Slice and peel apples before placing the apple wedges in a 9 x 9 baking dish. In a large mixing bowl, combine brown sugar, oats, flour, cinnamon, nutmeg, and diced butter. Sprinkle the dry mix evenly over the apple slices in the baking dish. Pour the water evenly over the top. Bake at 350° F for 30 minutes, or until a fork or toothpick inserted in the middle comes out clean. Serve warm apple crisp with frozen yogurt for an added treat!