



# **Apple Cinnamon Crisp**

## **Ingredients:**

1/4 cup brown sugar, packed 1 tablespoon flour 1/2 teaspoon cinnamon 1/4 cup water 4 apples 1 cup quick cooking oats 1/4 cup brown sugar, packed 2 tablespoons margarine 1/4 teaspoon cinnamon

## **Equipment:**

8 inch baking pan 2 Mixing bowls Measuring cups Measuring spoons Cutting board Knife Non stick cooking spray

Number of Servings: 6 Prep Time: 10 minutes Total time: 45 minutes

#### **Directions**

- 1. Preheat oven to 350F. Spray a 8-inch baking dish with cooking spray. Set aside.
- 2. Pack brown sugar in 1/4 cup measuring cup until level. Add to mixing bowl. Add flour and cinnamon and mix well. Mix in water and set aside.
- 3. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and chop into thin slices. Add to medium bowl flour mixture. Mix together to coat apples.
- 4. Pour apple mixture into baking dish.
- 5. In a separate bowl, mix oatmeal, another 1/4 cup brown sugar, melted margarine and cinnamon in bowl; mix well until oatmeal is evenly distributed. Sprinkle over fruit.
- 6. Baked 30 to 35 minutes or until fruit is tender.

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#### Nutrition Facts

Amount Per Se	erving			
Calories 19	11	Calories from F	at 45	
*		%Daily \	/alue'	
Total Fat 5g			8%	
Saturated Fat 1g			4%	
Cholesterol 0mg			0%	
Sodium 50mg			2%	
Total Carbo	hydrate	36g	12%	
Dietary Fiber 4g			16%	
Protein 3g			5%	
Vitamin A	6%	Vitamin C	9%	
Iron	6%	Calcium	3%	

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