

Eat Smart • Move More

Apple Cinnamon Crisp

Prep Time: 10 minutes

Total Time: 45 minutes



Ingredients

- Nonstick cooking spray
- ¼ cup brown sugar, divided and packed
- 1 tablespoon all-purpose flour
- ¾ teaspoon cinnamon, divided
- 2 tablespoons water
- 4 apples, cored and sliced
- 1 cup quick cooking oats
- 2 tablespoons butter

Nutrition Facts

6 servings per container	
Serving size	1 serving (150.32g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 20mg	1%
Total Carbohydrate 35g	13%
Dietary Fiber 5g	18%
Total Sugars 19g	
Includes 6g of Added Sugars	12%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 1mg	6%
Potassium 206mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

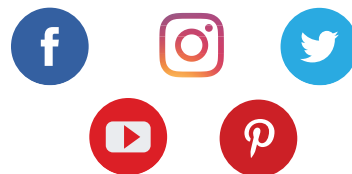
Quick Tips

- ▶ “Cutting in” butter is a term used when making baked goods. Cutting in the butter gives the dish a flaky texture.
- ▶ Eat the peel! The peel is the most nutritious part of the apple, containing added fiber and vitamins.

Directions

- Heat oven to 350°F. Spray a baking dish with nonstick cooking spray. Set aside.
- Add 2 tablespoons brown sugar, flour, ½ teaspoon cinnamon, and water to a mixing bowl and mix well. Next, add in the apple slices and mix until apples are coated. Then pour into the baking dish.
- In a separate mixing bowl, combine oats, remaining brown sugar, and cinnamon. Cut in the butter to the oat mixture. Mix until all ingredients are evenly distributed. Sprinkle over fruit mixture.
- Bake 30-35 minutes or until fruit is tender and topping is golden brown.

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

(Recipe adapted from: <https://whatscooking.fns.usda.gov>.)

www.eatsmartmovemoreva.org