

Apple Crisp

Serves: 6

Ingredients

Canola oil cooking spray	¼ cup old fashioned rolled oats
5 Granny Smith apples, cored and cut into thin slices or bite-size pieces	¼ cup brown sugar
½ cup raisins	¾ tsp ground cinnamon
3 Tbsp apple juice	¾ tsp ground nutmeg
¼ cup whole wheat flour	1 Tbsp cold butter, cut into small pieces

Directions:

Preheat oven to 375 degrees. Coat 8 inch square baking dish with cooking spray. Combine apples, raisins and apple juice in bowl; toss well. Transfer apple mixture to baking dish.

In another bowl, combine flour, rolled oats, brown sugar, cinnamon and nutmeg.

With pastry blender or knife and fork, cut in butter until mixture resembles coarse meal. Sprinkle the mixture evenly over surface of apples.

Lightly coat top with cooking spray. Cover and bake 30 minutes. Uncover and bake for 20 minutes more or until apples are tender. Remove from oven and let stand on wire rack at least 20 minutes. Cut into squares and serve warm or at room temperature.

Per Serving: 170 calories, 2.5 g fat (1 g saturated fat), 39 g carbohydrate, 2 g protein, 4 g dietary fiber, 10 mg sodium