

Apple Crisp

Yield 8 servings

Ingredients

4	apple (medium)
1/4 cup	oatmeal (quick cooking)
1/4 cup	flour
1/2 cup	brown sugar
1 tablespoon	cinnamon
1/4 cup	margarine

Instructions

1. Preheat the oven to 350 degrees F.
2. Grease the bottom and sides of the 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.

Cost

Per recipe: \$3.80

Per serving: \$0.47

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network
Website Recipes

Notes

For different tastes, try other fruits like cherries, pears, peaches, or plums.

Nutrition Facts	
Serving Size 1/8 of recipe (103g)	
Servings Per Container 8	
Amount Per Serving	
Calories 170	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12%
Sugars 21g	
Protein 1g	
Vitamin A 0%	• Vitamin C 6%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	