



RECIPE CARD

APPLE OATMEAL CRISP

Apple Oatmeal Crisp

Apple crisp is a delicious fall treat!

Ingredients

Nonstick Cooking Spray

7 cups **Apples**

1 tablespoon **Sugar**

1/4 cup **Apple Juice**

1 teaspoon **Vanilla Extract**

1/4 teaspoon ground **Cinnamon** (filling)

1/2 cup **Whole Wheat Flour**

3 tablespoons **Brown Sugar**

3/4 cup **Rolled Oats**

1/8 teaspoon **Salt**

1/4 teaspoon **Ground Cinnamon** (for topping)

1 teaspoon **Vegetable Oil**

4 teaspoons **Unsalted Butter**

Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Lightly spray a 8 x 8 - inch square baking dish with nonstick cooking spray.
3. Cook apples, sugar, apple juice, vanilla, and cinnamon in a pot over medium heat until apples are tender, about 5 to 6 minutes.
4. To make the topping, combine flour, sugar, oats, salt, and cinnamon in a bowl. Mix together with a fork. Add the vegetable oil and butter to the flour mixture and mix together.
5. Spoon apple mixture into prepared baking dish.
6. Sprinkle with topping.
7. Bake for 30 minutes or until golden brown.



*Recipe adapted from
Eat Fresh.Org*