

# Recipe



## County information

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This recipe provided by the Ohio SNAP-Ed Nutrition Education Program

Prep Time:	10 minutes
Cook Time:	30 minutes
Serving Size:	1 cup - 9 servs.

<b>Nutrients Per Serving:</b>	Calories	127
Protein	2 g,	Carbohydrate 25 g,
Dietary Fiber	3 g,	Total Fat 4 g,
Saturated Fat	0 g,	Sodium 34 mg



## Lightened-Up Apple Crisp

### INGREDIENTS

3 - 5 medium baking apples,  
cored, sliced thin  
1 teaspoon cinnamon  
2 Tablespoons sugar  
2 Tablespoons flour

#### Topping:

1 cup quick oats  
1 teaspoon vanilla  
1/2 teaspoon cinnamon  
1/4 cup brown sugar  
2 Tablespoons butter

### DIRECTIONS

1. Preheat oven to 325.
2. Mix first four ingredients and place into 9-inch (square or round) baking dish.
3. In a small bowl, mix topping ingredients until crumbly. Sprinkle topping over the apple mixture in baking pan.
4. Bake until apples are soft and topping is golden brown. (About 30 minutes.)
5. Serve warm or cold. Refrigerate leftovers.

#### Source:

Sparkpeople.com

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[www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)



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