OHIO STATE UNIVERSITY EXTENSION

Recipe

County information

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Upper Sandusky, Ohio 43315

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

Lightened-Up Apple Crisp

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.

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

Source:

Sparkpeople.com

For other healthy, low-cost recipes, visit www.whatscooking.fns.usda.gov

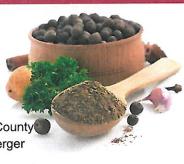


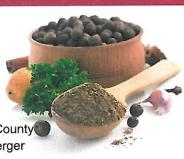
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Prep Time: 10 minutes Cook Time: 30 minutes

Serving Size: 1 cup - 9 servs.

127,

Nutrients Per Serving: Calories

Protein 2 g, Carbohydrate 25 g, Dietary Fiber 3 g, Total Fat 4 g,

Saturated Fat

0 g, Sodium

Within Reach

34 mg

