

Apple Crisp

- Use fresh or frozen fruit in this recipe. A good option is to use over-ripe fruit that will go bad soon.
- When selecting fruit look to see what is cheaper, comparing fresh and frozen unit prices.
- Fresh fruits that are in season will be cheaper than fruits not in season. Fruits in season tend to be displayed in front of other produce in the produce section at grocery stores.
- Including oats in the topping provides a good source of fiber that slows down digestion of sugar.

Nutrition Facts	
10 servings per container	
Serving size	1/10 of dish (133g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 5mg	0%
Total Carbohydrate 42g	15%
Dietary Fiber 4g	14%
Total Sugars 26g	
Includes 16g Added Sugars	32%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 143mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Apple Crisp

Servings: 10 Prep Time: 15 minutes Cook time: 40 minutes



**ATLANTA
COMMUNITY
FOODBANK**

End hunger. Grow stronger.

Ingredients:

- 5 medium apples, about 2 pounds
- 3/4 cup brown sugar, packed and divided
- 1/2 cup whole wheat flour
- 1/2 teaspoon ground cinnamon
- Non-stick cooking spray
- 1/2 stick (4 Tablespoons), cold, unsalted butter
- 1 1/2 cups quick oats

Optional:

- 1/4 teaspoon ground nutmeg

Directions:

1. Preheat oven to 350 degrees.
2. Rinse and cut apples in half, lengthwise. Remove stems. Cut out center core of apple, do not peel.
3. Place apples cut side down and slice into 1/8 inch slices.
4. In a large bowl, mix apples, 1/4 cup brown sugar, 1 Tablespoon flour, cinnamon and nutmeg (if using). Mix well.
5. Spray baking dish with non-stick cooking spray.
6. Pour apple mixture into baking dish and spread evenly.
7. Melt butter. In a medium bowl mix remaining brown sugar, flour, oats and butter. Mix with hands until crumbly.
8. Spread oat mixture over apple mixture. Bake uncovered on middle rack for 40 minutes, or until top is lightly browned or bubbly. Let cool for 15-20 minutes before serving.