

## Apple Cinnamon Crisp

### Ingredients:

1/4 cup brown sugar, packed  
 1 tablespoon flour  
 1/2 teaspoon cinnamon  
 1/4 cup water  
 4 apples  
 1 cup quick cooking oats  
 1/4 cup brown sugar, packed  
 2 tablespoons margarine  
 1/4 teaspoon cinnamon

### Equipment:

8 inch baking pan  
 2 Mixing bowls  
 Measuring cups  
 Measuring spoons  
 Cutting board  
 Knife  
 Non stick cooking spray

Number of Servings: 6  
 Prep Time: 10 minutes  
 Total time: 45 minutes

### Directions

1. Preheat oven to 350F. Spray a 8-inch baking dish with cooking spray. Set aside.
2. Pack brown sugar in 1/4 cup measuring cup until level. Add to mixing bowl. Add flour and cinnamon and mix well. Mix in water and set aside.
3. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and chop into thin slices. Add to medium bowl flour mixture. Mix together to coat apples.
4. Pour apple mixture into baking dish.
5. In a separate bowl, mix oatmeal, another 1/4 cup brown sugar, melted margarine and cinnamon in bowl; mix well until oatmeal is evenly distributed. Sprinkle over fruit.
6. Baked 30 to 35 minutes or until fruit is tender.

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### Nutrition Facts

Serving Size: 1 cup	
Servings: 6	
Amount Per Serving	
<b>Calories 191</b>	Calories from Fat 45
<b>%Daily Value*</b>	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 50mg	2%
<b>Total Carbohydrate 36g</b>	<b>12%</b>
Dietary Fiber 4g	16%
<b>Protein 3g</b>	<b>5%</b>
Vitamin A 6%	Vitamin C 9%
Iron 6%	Calcium 3%
*Percent Daily Values are based on a 2,000 calorie diet.	

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