

Apple Crunch

Ingredients:

8 medium apples, sliced thin
 1/3 cup whole wheat flour
 1 teaspoon cinnamon
 1 cup rolled oats
 1/2 cup brown sugar, packed
 1/4 cup margarine
 vegetable cooking spray

Equipment:

8 x 8 Baking Dish
 Mixing bowl
 Measuring Cup
 Measuring Spoons
 Cutting board
 Knife

Number of Servings: 8
 Prep Time: 20 minutes
 Total time: 1 hour

Directions

1. Preheat oven to 350 degrees F. Spray 8 x 8 inch baking dish with vegetable spray to prevent sticking.
2. 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. Spread apples in an even layer in baking dish.
3. Melt butter in a saucepan or microwave oven. Pour into a medium bowl. Add flour, sugar, oats, and cinnamon and mix together well until mixture is very crumbly.
4. Sprinkle mixture over apples. Bake for 35 to 40 minutes until apples are tender and topping is browned.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and
 follow us on Twitter
facebook.com/vafnp
twitter.com/vafnp

Nutrition Facts

Serving Size: 1 cup	
Servings: 8	
Amount Per Serving	
Calories 240	Calories from Fat 63
%Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	6%
Cholesterol 0mg	0%
Sodium 73mg	3%
Total Carbohydrate 45g	15%
Dietary Fiber 6g	22%
Protein 3g	5%
Vitamin A 7%	Vitamin C 13%
Iron 7%	Calcium 3%

*Percent Daily Values are based on a 2,000 calorie diet

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.