APPLE CRISP

4 medium-sized apples

¼ cup quick-cooking oatmeal

¼ cup flour

½ cup brown sugar

1 Tbsp. cinnamon

¼ cup margarine, cut into small pieces

PREPARATIONS

1. Preheat the oven to 350 degrees. Grease the bottom and sides of an 8-by-8-inch pan.
2. Core and slice the apples. Spread the sliced apples on the bottom of the prepared pan.
3. In a medium-sized bowl, combine the oatmeal, flour, brown sugar and cinnamon.
4. Using a knife, cut the margarine into the mixture until it looks like small crumbs.
5. Sprinkle the crumb mixture over the apples.
6. Bake in the oven for 20-30 minutes until the apples are tender and bubbly. Serve warm.

Makes: 8 servings

Nutritional Information (per serving)

Total Calories	170
Total Fat	6 g
Protein	1 g
Carbohydrates	28 g
Dietary Fiber	2 g
Saturated Fat	2 g
Sodium	50 mg

Source: USDA