APPLE CRISP

SERVES 6

INGREDIENTS

4 cups apples, sliced and peeled
¾ cup brown sugar, packed
½ cup flour
½ cup oats
1/3 cup margarine or butter
½ teaspoon cinnamon
½ teaspoon nutmeg

DIRECTIONS

1. Arrange apples in a greased 8 by 8 by 2 pan.
2. Melt butter or margarine. Add remaining ingredients to butter. Mix and sprinkle over the top of apples.
3. Bake at 375 degrees F for 30 to 40 minutes.

FOR MORE INFORMATION ABOUT SIMPLY GOOD EATING, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (Revised 6/2012)

NUTRITIONAL INFORMATION:

Calories: 263
Fat: 11 grams (g)
Saturated Fat: 6.7 grams (g)
Trans Fat: 0 grams (g)
Cholesterol: 27 milligrams (mg)
Carbohydrates: 40.7 grams (g)
Dietary Fiber: 2.9 grams (g)
Protein: 2.3 grams (g)
Sodium: 79 milligrams (mg)
Vitamin A: 7%
Calcium: 3%
Vitamin C: 6%
Iron: 6%