



Jen's Apple Crisp

5	Large Apples, peeled & sliced (sprinkled with orange or lemon juice to keep apples from browning)
½ cup	Flour
½ cup	Regular or quick oats
2/3 cup	Brown sugar
½ tsp.	Cinnamon
¼ tsp.	Nutmeg
1/3 cup	Margarine without hydrogenated oils (Smart Balance or Promise Buttery Spread)

- Heat oven to 350 degrees
- Spray large baking dish. Put sliced apples in baking dish
- Add remaining ingredients in medium bowl. Mix together until crumbly (hands work well).
- Sprinkle (DO NOT PACK) topping over apples.
- Bake until apples are soft, about 25 minutes.
- Optional: Try adding ¼ cup walnuts or dried cranberries for added flavor, fiber and *zing*.

Nutrition information:

Calories: 206	Total Fat: 7.16g
Saturated Fat: 1.54g	Carbohydrate: 37.59g
Dietary Fiber: 2.84g	Protein: 2.19g