



Apple Crisp

5	Large Apples, peeled & sliced (sprinkled with orange or lemon juice to keep apples from browning)
1/2 cup	Flour
3/4 cup	Regular or quick oats
2/3 cup	Brown sugar
1/2 teaspoon	Cinnamon
1/4 teaspoon	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 1/4 cup walnuts or dried cranberries for added flavor, fiber and *zing*.

Nutritional information:

Calories: 206

Total Fat: 7g

Saturated Fat: 1.5g

Carbohydrate: 37g

Dietary Fiber: 3g

Protein: 2 g