























**APPLE CRISP** (page 1)

STEPS	INGREDIENTS	PROCEDURES
<p><b>1</b></p>	<p> <b>4 apples</b></p> <p> <b>apple slicer/ corer</b></p> <p> <b>cake pan</b></p> <p> <b>cooking spray</b></p> <p> <b>4 teaspoon lemon juice</b></p> <p> <b>1/2 teaspoon vanilla</b></p> <p> <b>mixing bowl</b></p> <p> <b>mixing spoon</b></p> <p> <b>measuring spoons</b></p>	<p>Cut apples in slices using apple slicer/corer.</p> <p></p> <p>Spray cake pan with cooking spray.</p> <p></p> <p>In a mixing bowl, combine apples, lemon juice and vanilla.</p> <p></p> <p>Layer apples in a prepared pan.</p> <p></p>

**APPLE CRISP** (page 2)

STEPS	INGREDIENTS	PROCEDURES
<p><b>2</b></p>	 <p><b>1 cup rolled oats</b></p>  <p><b>1 cup brown sugar</b></p>  <p><b>1 stick butter</b></p>  <p><b>1/2 teaspoon cinnamon</b></p>  <p><b>square cake pan (8"x8")</b></p>  <p><b>pastry blender</b></p>  <p><b>timer</b></p> <p><b>PREHEAT OVEN 375 °</b></p>	<p>Combine oatmeal, brown sugar &amp; cinnamon in a bowl. Using a pastry blender, cut butter into oatmeal mixture until it resembles crumbs.</p>  <p>Sprinkle oatmeal mixture over layered apples in a cake pan.</p>  <p>Bake 375 degrees for 45 minutes or until the topping looks crunchy apples are tender.</p> <p>Serve with vanilla ice cream or whipped cream.</p>

# Nutrition Facts

8 servings per container

Serving size **1/2 Cup**

Amount per serving

**Calories 290**

% Daily Value\*

Total Fat 12g **15%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 10mg **0%**

Total Carbohydrate 45g **16%**

Dietary Fiber 3g **11%**

Total Sugars 35g

Includes 27g Added Sugars **54%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 33mg **2%**

Iron 1mg **6%**

Potassium 81mg **2%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.