
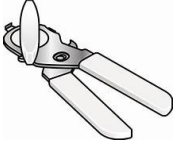
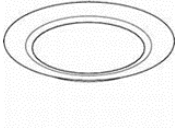






Mug Apple Crisp

Makes 3 servings; 1 serving per mug

Nutrients Per Serving:
420 Calories | 15g Fat (8g Saturated) | 70g Carbohydrates | 26g Added Sugar | 3g Protein | 290mg Sodium | 5g Fiber

Equipment Needed

 <p>Microwave</p>	 <p>Can opener</p>	 <p>Colander</p>	 <p>Plate</p>
 <p>Food chopper</p>	 <p>3 microwave safe mugs</p>	 <p>Spoon</p>	 <p>ziploc sandwich bag</p>

Ingredients Needed











Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

 <p>1 (15 oz.) can fried apples with cinnamon</p>	 <p>1 spoonful of cornstarch</p>	 <p>1/2 of one graham cracker</p>	 <p>1 spoonful of brown sugar</p>
 <p>Sprinkle with cinnamon</p>			

Directions

Recipe continued on back page.

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Open the can of apples and pour into the colander/strainer. Do not rinse the apples.</p>	<p>3</p>  <p>Put the apples on a plate.</p>	<p>4</p>  <p>Place chopper on apples, chop until apples are in bite size piece.</p>
<p>5</p>  <p>Add 1 spoonful of cornstarch to the apples and stir.</p>	<p>6</p>  <p>Add 5 -6 spoonfuls of apple chunks to each mug until all apples are in mugs.</p>	<p>7</p>  <p>Place sandwich bags and crush with your fist or a cup or rolling pin. Add 1 teaspoon brown sugar and sprinkle in cinnamon, mix well.</p>	<p>8</p>  <p>Spoon the mixture into the mugs with your spoon.</p>
<p>9</p>  <p>Place mug apple crisp in the microwave for 30 seconds.</p>	<p>10</p>  <p>Remove from microwave. be hot! Let it cool slightly before eating. Enjoy!</p>		