

Apple Crisp

Ingredients:

5 tbsp. all purpose white flour
 2 ½ tbsp. whole wheat flour
 2 ½ tbsp. packed brown sugar
 ⅛ tsp. salt
 2 ½ tbsp. sugar
 4 tsp. sugar
 2 ½ tbsp. soft margarine
 ⅔ cup old fashioned oats
 2 pounds apples, chopped
 4 tsps. fresh lemon juice
 ¼ tsps. cinnamon
 ½ tsp. orange zest
 ½ tsp. lemon zest



Nutrition Facts

Serving Size 1 cup (227g)	
Servings Per Container 5	
Amount Per Serving	
Calories 260	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 54g	18%
Dietary Fiber 8g	32%
Sugars 31g	
Protein 3g	
Vitamin A 6%	Vitamin C 10%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Directions:

1. Preheat oven to 375 degrees. In a large bowl, mix together flour, brown sugar, salt, and 2 tablespoons granulated sugar.
2. Cut butter into flour, using a pastry blender or two knives, until mixture is the texture of coarse meal.
3. Add oats, and use your hands to toss and squeeze mixture until large, moist clumps form.
4. Transfer to freezer to chill while you prepare apples.
5. In another large bowl, toss chopped apples with lemon juice, cinnamon, and remaining ½ cup granulated sugar.
6. Transfer to a shallow 2-quart baking dish, and sprinkle with topping mixture.
7. Place baking dish on a rimmed baking sheet, and bake until golden and bubbling, 55 to 65 minutes. Let cool 10 minutes before serving.