

APPLE CRISP

READY IN: 50 mins

SERVES: 6

INGREDIENTS:

- 6 -8 tart apples, peeled, cored, and sliced (such as Granny Smith)
- 2 -3 teaspoons lemon juice
- 1/4 cup granulated sugar
- 1 teaspoon cinnamon
- 1 tablespoon butter
- 1 cup flour
- 1 cup brown sugar
- 1/2 cup butter
- vanilla ice cream or fresh whipped cream

DIRECTIONS:

- Toss apples with lemon juice, sugar, and cinnamon; turn into an 8x8” baking pan that has been lightly coated with no-stick cooking spray; dot with butter.
- Cut together flour, brown sugar, and butter until crumbly; sprinkle evenly over apples.
- Bake at 350° for 30-40 minutes until apples are tender; serve warm with vanilla ice cream or fresh whipped cream.
- **VARIATION:** This recipe can be made diabetic-friendly by substituting Splenda for the granulated sugar and substituting 1/2 cup Splenda for 1/2 cup of the brown sugar - the remaining 1/2 cup of brown sugar is still used.