

Apple Crumble (4 servings)



USDA Recipe Finder: <http://recipefinder.nal.usda.gov>

Ingredients:

4 apples, washed, peeled and sliced 2 teaspoons cinnamon
½ cup quick oats 1/3 cup apple juice
¼ cup brown sugar

Directions:

1. Move the oven rack to the center of the oven. Preheat oven to 350°. Spray a 9x9 inch baking pan with cooking spray.
2. Spread apple slices over the bottom of the dish and set aside.
3. In a small bowl, combine oatmeal, brown sugar, and cinnamon. Spread evenly over apples.
4. Lightly pour apple juice over the top. Cover and bake 20-30 minutes, or until apples are tender.
5. Uncover and bake an additional 15-20 minutes or until apples are soft.

Nutrient content per serving : Calories: 180; Total fat: 1 g; Saturated fat: 0.2 g; Sodium: 5 mg; Total Carbohydrate: 44 g; Dietary fiber: 5 g; Protein: 2 g

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

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