



## Apple Cinnamon Crisp

### Ingredients

- Nonstick cooking spray
- ¼ cup packed brown sugar, divided
- 1 tablespoon all-purpose flour
- ¾ teaspoon ground cinnamon, divided
- ¼ cup water
- 4 apples, sliced
- 1 cup quick cooking oats
- 2 tablespoons butter, melted

### Directions

1. Heat oven to 350°F. Spray a baking dish with nonstick cooking spray. Set aside.
2. In a mixing bowl, combine ⅛ cup brown sugar with the flour and ½ teaspoon cinnamon. Add water and mix.
3. Add apple slices to flour mixture and stir to coat. Pour apple mixture into baking dish.
4. In a separate bowl, mix oats, remaining brown sugar, butter, and remaining cinnamon. Mix well until oats are evenly distributed. Sprinkle over fruit.
5. Bake 30-35 minutes or until fruit is tender.

### Nutrition Facts

Serving Size 1 serving (307.87g)  
Servings Per Container 6

**Amount Per Serving**

**Calories** 190      Calories from Fat 45

**% Daily Value\***

**Total Fat** 5g      **8%**

Saturated Fat 2.5g      **13%**

Trans Fat 0g

**Cholesterol** 10mg      **3%**

**Sodium** 25mg      **1%**

**Total Carbohydrate** 35g      **12%**

Dietary Fiber 5g      **20%**

Sugars 19g

**Protein** 3g

Vitamin A 4%      •      Vitamin C 10%

Calcium 4%      •      Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.