

Apple Crisp

Apple pie, the classic American dessert, is loaded with fat and calories, much of which is found in the pie crust. This holiday season try a crust-less alternative: the apple crisp.

Ingredients

- * Canola oil cooking spray
- * 1/2 cup raisins
- * 1/4 cup whole wheat flour
- * 1/4 cup brown sugar
- * 3/4 teaspoon ground nutmeg
- * 4 Granny Smith apples, cored and cut into thin slices or bite-size pieces
- * 3 tablespoons 100% apple juice
- * 1/4 cup old-fashioned rolled oats
- * 3/4 teaspoon ground cinnamon
- * 3/4 tablespoon cold butter, cut into small pieces

Direction

1. Preheat oven to 375. Coat 8-inch square baking dish with cooking spray.

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2. Combine apples, raisins, and apple juice in bowl, toss well and set aside. In another bowl, combine flour, rolled oats, brown sugar, cinnamon and nutmeg. With pastry blender or knife and fork, cut in butter until mixture resemble coarse meal.
3. Transfer apple mixture to baking dish. Sprinkle flour mixture evenly over surface. Lightly coat top with cooking spray.
4. Cover and bake 30 minutes. Uncover and bake for 20 more minutes or until apples are tender.
5. Remove from oven and let stand on wire rack at least 20 minutes. Cut into squares and serve warm or at room temperature.

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