WHOLE GRAIN APPLE CRISP

**Serves: 8-10**

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| This apple crisp is the perfect dessert – it’s super easy to make and it’s much healthier than most other desserts – it’s much lower in sugar and fat than typical recipes. This is a fantastic recipe to make with your families. | **Cost Per Recipe**  **Cost Per Person** | **Time Required**  Prep: 15mins  Cook: 45mins |  |

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| **Ingredients** | **Procedure** |
| * 5 medium-large crisp, tart apples, such as McIntosh, Empire, Granny Smith or Cortland, peeled and cut into 1-inch chunks (about 6 cups) * ¼ cup + 3 Tbs packed light brown sugar, divided * 1 tablespoon lemon juice * 1 teaspoon ground cinnamon, divided * 2/3 cup white or whole-wheat flour * 1/2 cup old-fashioned rolled oats (not instant) * 2 tablespoons canola oil * ¼ cup apple juice or apple cider * 1/3 cup coarsely chopped walnuts (optional)   All of this can be bought at Aldi / Shop n Save / Schnucks | 1. Preheat oven to 375F. Coat an 8-inch square deep baking dish with nonstick cooking spray. 2. Combine apples with 3 Tbs brown sugar, lemon juice and 1/2 teaspoon cinnamon in a large bowl. Toss to combine. Transfer to the prepared baking dish. 3. Next, combine the flour, oats, remaining brown sugar and the remaining 1/2 teaspoon cinnamon in a medium bowl. Mix to blend. Stir in oil, apple juice and nuts (if using); toss well until evenly moistened and clumpy. 4. Scatter the topping evenly over the apples. Bake uncovered until the topping has browned and the fruit is soft and bubbling, about 45-50 minutes. Let cool for at least 15 minutes before serving. If it starts to brown too much while baking, cover with foil. |

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| **Other Thoughts / Variations on the Recipe / Nutrition Information** |
| Although this is a very healthy version of how most people make an apple pie or crisp, feel free to critique this recipe as follows:   * Brown sugar is not healthier sugar – it’s white sugar with molasses added. While this recipe does use sugar, but it’s far less than most dessert recipes (usually >1 cup). * Fruit juice is not particularly healthy – it lacks the fiber of eating whole fruit. * For a truly healthy dessert – try a baked apple, stuffed with raisins, cinnamon and walnuts – no added sugar at all. The walnuts are high in Omega-3 fatty acids, which is missing from many diets. |