

Healthy Children, Healthy Family

Apple Crisp



Makes: 8 servings (1/2 cup each)

Preparation time: 45 minutes

Ingredients:

- 5 apples (Golden Delicious)
- ¾ cup uncooked oatmeal
- ¼ cup whole wheat flour
- ½ cup margarine (0 trans fat)
- ¾ cup brown sugar
- 1 Tbsp cinnamon

Instructions:

1. Heat the oven to 350°F.
2. Grease the bottom and sides of a 8X12 inch bake pan.
3. Remove the cores and slice apples thinly.
4. Spread apples on bottom of pan.
5. Mix the flour, oatmeal, brown sugar and cinnamon in a bowl.
6. Using a fork, cut the margarine into the mixture.
7. Spread the mixture over the apples.
8. Put pan in the oven and bake for 25-30 minutes.

Option: Serve with a spoonful of vanilla yogurt.



Nutrition Facts

Serving Size (172g)
Servings Per Container

Amount Per Serving

Calories 250 Calories from Fat 100

% Daily Value*

Total Fat 11g 17%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 100mg 4%

Total Carbohydrate 39g 13%

Dietary Fiber 4g 16%

Sugars 30g

Protein 1g

Vitamin A 10% • Vitamin C 8%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300 mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal: We will try our best to

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