

# Fall Apple Crisp

## Ingredients

½ cup flour  
¼ cup sugar  
¼ cup packed light brown sugar  
5 tbs butter, cut into small pieces  
3 tbs slivered almonds  
½ cup oats  
7 cups sliced peeled apples (about 3 pounds, granny smith work well)  
1/3 cup apple juice

## Directions

1. Preheat oven to 375°.
2. Slice and peel apples.
3. Toss with apple juice to coat.
4. Combine flour, sugar, and oats in a bowl.
5. Cut in butter using two knives until mixture is crumbly.
6. Stir in almonds.
7. Pour apple mixture into 8-inc square baking pan.
8. Sprinkle with crumb mixture.
9. Bake for 45 minutes or until topping turns golden brown.

## Nutrition Information makes 9 servings

### Per Serving

Calories: 190  
Fat: 8g  
Carbohydrate: 31g  
Protein: 2g  
Fiber: 2g  
Sodium: 67mg



[www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com)

# Eat Smart