

Apple Crisp



FOR THE FRUIT:

- 4-6 apples, peeled and chopped
- 2 Tbsp sugar
- 3/4 tsp cinnamon
- 2 Tbsp flour

FOR THE TOPPING:

- 3/4 cup oats
- 1/3 cup flour
- 1 tsp cinnamon
- 1/2 tsp nutmeg (optional)
- 1/4 cup brown sugar
- 1/4 softened or melted butter

DIRECTIONS:

1. Wash all produce. Preheat oven to 350°F. Peel and core apples and cut into small pieces.
2. Combine fruit, sugar, and 2 Tbsp flour in large bowl and stir until fruit is evenly covered. Set aside.
3. Combine crisp topping ingredients in medium bowl and stir with fork until combined.
4. Pour fruit into 8x8 inch cake pan, similarly sized casserole dish, or cast-iron (oven-safe) skillet. Evenly cover with crisp topping.
5. Place crisp in pre-heated oven and bake for 45-50 minutes, until top is browned and fruit is bubbling and tender. Delicious served warm with vanilla ice cream!

DEMO VIDEO: search "Concrete Farm to School Apple Crisp" on Youtube



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.