**![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EG73OV9M\MP900430948[1].jpg]()![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EG73OV9M\MP900430948[1].jpg]()Apple Oat Crisp**

2-3 servings

**Fruit crisp may be made with various types of fruit or mixtures of fruits (such as apple, peach, pear, plum or cherry) and/or berries (such as raspberries, blackberries, blueberries, cranberries etc.), You can even toss in a handful of raisins, nuts or coconut.**

**Good varieties of apples for cooking are those that maintain their shape and fairly firm texture when cooked, and those with a good balance of sweet and tart flavours such as Fuji, Gala, Granny Smith, Jonagold, McIntosh or Rome.**

![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\H2GF2FA4\MC910216978[1].png]()**Apples: Topping:**

2 apples 60 mL brown sugar

 60 mL flour

25 mL white sugar 90 mL rolled oats

½-1 mL cinnamon 1 mL cinnamon

 60 mL margarine

1. Preheat oven to 375ºF (180C).
2. Grease one medium or 2 small (individual) casserole dishes with margarine.
3. Wash and peel apples. Remove cores with an apple corer tool or cut into quarters lengthwise and remove core with a paring knife.
4. Slice apples **cross-wise** about 2-3 mm thick and place in a medium mixing bowl. Toss apple slices with the white sugar and cinnamon from the “Apples” column of ingredients. Layer apple slices in the bottom of the casserole dish.
5. Meanwhile, in a medium bowl, stir together brown sugar, flour, oats and cinnamon.
6. Using a pastry blender, cut in the margarine until mixture is well blended but still crumbly.
7. Sprinkle the topping evenly over the apples.
8. Bake, uncovered, for about 15 minutes or until apples are tender to a fork.

**Try at home:** Instead of white sugar & cinnamon, toss sliced apples with 15 mL maple syrup and 25 mL walnuts before placing in casserole dish.

