
Apple Crumble

Servings: 12

Serving Size: ½ cup apple mixture, 1 tablespoon topping

Ingredients:

6 medium Granny Smith apples
2 tablespoons sugar
1 tablespoon brown sugar
2 tablespoons all-purpose flour
½ teaspoon ground cinnamon
Juice from 2 lemons

Topping:

3 tablespoons flour
5 tablespoons oats
1½ tablespoons brown sugar
2½ tablespoons cold butter

Directions:

Preheat oven to 350°F. Peel, core and slice apples into ¼-inch slices. Place apples in a large mixing bowl and toss with sugar, lemon juice, flour and cinnamon. Pour into a baking dish sprayed with cooking spray and spread out into an even layer.* Set aside.

For topping, mix flour, oats and brown sugar in a separate bowl. Use a pastry cutter or your fingers to work in the cold butter until pea-sized lumps are formed. Top apples with mixture; bake 45 minutes or until apples are bubbly and topping is golden brown. Rotate pan once halfway through cooking.

*Note: You can also place ½ cup apple mixture with 1 tablespoon topping in individual ramekins before baking for easier portion control or serving later. Bake ramekins all together on a cookie sheet.

Nutritional Analysis per Serving:

Calories: 100	Fat: 2.5 g
Carbohydrate: 18 g	Protein: 1 g
Sodium: 0 mg	



Resource: Cooking Under Pressure Great Nutrition tips and Recipes for Seniors. 2011. Home Instead Senior Care.