

Apple Crumble • Serves 6

APPLE MIXTURE

2	Granny Smith apples
1	McIntosh apple
1	Golden Delicious apple
2	pears
1 Tbsp.	sugar
½ tsp.	lemon juice
¼ cup	apple cider
1 Tbsp.	oat flour

CRUMBLE TOPPING

⅓ cup	oat flour
½ cup	light brown sugar, firmly packed
¼ cup	quick oats
¼ tsp.	ground cinnamon
⅛ tsp.	salt
¼ cup	margarine

Preheat oven to 350 degrees.

Combine ⅓ cup oat flour, light brown sugar, oats, cinnamon and salt in a large mixing bowl. Add margarine and use fingers to blend with the dry ingredients. Set aside.

Peel and core apples and pears and cut into ¼-inch slices. Combine apples and pears with sugar, lemon juice, apple cider and 1 Tbsp. flour in a bowl. Place apple mixture in a buttered 8-inch square baking dish. Sprinkle the sugar-oat-cinnamon mixture evenly over the top.

Bake for about 50 minutes, or until the top is brown and bubbly. Cool for 15 minutes.



NUTRITION PER SERVING:

Calories: 270; Calories from Fat: 70; Total Fat: 8g;
Saturated Fat: 5g; Cholesterol: 20mg; Protein: 2g;
Total Carbs: 50g; Fiber: 5g; Sugar: 38g; Sodium: 110mg