

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Easy Apple Crisp

Warm apples under a buttery oat crumble, about 41 cents a serving.

Makes 8 servings | Serving: 1/2 cup | About $0.41 per serving | 15 min + 25 min

Ingredients

- 4 cups apples (peeled and sliced) or 1 can (29 ounces) sliced peaches in light syrup or juice, drained
- 1/2 cup quick or old fashioned rolled oats
- 1/3 cup all purpose or whole wheat flour
- 1/3 cup white or brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 cup margarine or butter, cold (cut into chunks)
- 1/4 cup dried cranberries, raisins, or chopped nuts (optional)

Nutrition Facts

Per serving (1/2 cup)

Calories	**150**
Total Fat	6 g
Saturated Fat	3.5 g
Sodium	120 mg
Total Carbohydrate	23 g
Dietary Fiber	1 g
Total Sugars	14 g
Added Sugars	8 g
Protein	1 g
Calcium	11 mg
Iron	1 mg
Potassium	76 mg

Method

1. Heat the oven to 375°F and grease an 8-inch pan.
2. Spread the apples (or drained peaches) in the pan.
3. Mix the oats, flour, sugar, cinnamon and salt, then work in the cold margarine until crumbly. Add nuts or dried fruit if you like.
4. Sprinkle over the fruit.
5. Bake about 25 minutes, until golden and bubbly.

Swaps: Use whole wheat flour and add pecans. A handful of cranberries adds tartness.

Storage: Cover and refrigerate up to 4 days.

Why it's good for you

- Oats add soluble fiber.[1]
- Apples add fiber.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Oats, https://nutritionsource.hsph.harvard.edu/food-features/oats/ [2] Harvard T.H. Chan School of Public Health, The Nutrition Source: Fiber, https://nutritionsource.hsph.harvard.edu/carbohydrates/fiber/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/fruit-crisp/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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