



Apple Crisp

(Adapted from the American Institute for Cancer Research)

Apple pie, the classic American dessert, is loaded with fat and calories, much of which is found in the pie crust. This holiday season try a crust-less alternative: the apple crisp.

Ingredients:

Canola oil cooking spray
4 Granny Smith apples, cored and cut into thin slices or bite-size pieces
½ cup raisins
3 Tbsp. 100% apple juice
¼ cup whole wheat flour
¼ cup old-fashioned rolled oats
¼ cup brown sugar
¾ tsp. ground cinnamon
¾ tsp. ground nutmeg
¾ Tbsp. cold butter, cut into small pieces

Instructions:

Preheat oven to 375 degrees. Coat 8-inch square baking dish with cooking spray.

Combine apples, raisins and apple juice in bowl, toss well and set aside. In another bowl, combine flour, rolled oats, brown sugar, cinnamon and nutmeg. With pastry blender or knife and fork, cut in butter until mixture resembles coarse meal.

Transfer apple mixture to baking dish. Sprinkle flour mixture evenly over surface. Lightly coat top with cooking spray.

Cover and bake 30 minutes. Uncover and bake for 20 more minutes or until apples are tender. Remove from oven and let stand on wire rack at least 20 minutes. Cut into squares and serve warm or at room temperature.

Nutritional Information: (Makes 6 servings)

Per serving:

96 calories
2 grams fat (1 g. saturated fat)
46 grams carbohydrate
2 grams protein
4 grams dietary fiber
20 mg. sodium