

Slow-Cook Apple Crisp

Ingredients:

- 6 cups cooking apples, peeled, cored, & sliced
- ½ cup rolled oats
- ½ cup brown sugar
- ¼ cup whole wheat flour
- ¼ cup white flour
- 2 tbsp butter
- ½ tsp ground cinnamon

Directions: Place apples in slow cooker sprayed with non-fat cooking spray. Combine remaining ingredients in mixing bowl until crumbly. Sprinkle mixture over apples. Cover. Cook on low for 4 hours or on high for 2 hours.



Pump it Up: Turn on your favorite music and cut loose for 5 minutes.



Food for Thought: Dessert every now and then can be a part of a healthy, balanced diet. One way to enjoy dessert, but maintain moderation, is to watch your portion size. Rather than eating a plateful of pie, scoop enough to enjoy (about the size of your palm) and save the rest for friends and family!

Tasty Thoughts: _____

