



Apple Crisp

Number of servings: 6

Serving size: ½ cup

Equipment:

Slow Cooker

Ingredients:

6 cups cooking apples, peeled, cored, and sliced

½ cup rolled oats

½ cup brown sugar

¼ cup whole-wheat flour

¼ cup white flour

2 Tablespoons butter

½ teaspoon 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.

Cost per recipe: \$5.12

Cost per serving: \$0.85

MyPlate servings: 1 serving of grain, 1 serving of fruit

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!

Nutrition Facts

Serving Size 1/2 cup
Serving Per Container 6

Amount Per Serving		% Daily Values*	
Calories 199			
Total Fat 5g			8%
Saturated Fat 3g			15%
Trans Fat 0g			
Monounsaturated Fat 1g			
Cholesterol 0mg			0%
Potassium 187mg			5%
Sodium 7mg			0%
Total Carbohydrate 39g			13%
Dietary Fiber 4g			16%
Sugars 23g			
Protein 2g			4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>