



## Apple Crisp

Ingredients:

Apple Layer:

- 500g Honey Crisp Apples
- 12g brown sugar
- 1 tbsp cinnamon
- 5g flour'

Topping:

- 70g melted butter
- 60g oats
- 65g brown sugar
- 42g graham cracker crumbs
- 1 tbsp cinnamon

Directions:

1. Peel and slice apples
2. Coat with flour, sugar and Cinnamon
3. Lay in greased pan
4. Mix remaining ingredients in a bowl
5. Layer on top of apples
6. Back 30 minutes at 350 degrees

Makes: 4 servings

Cals: 250

Fat: 16g

Carb: 20g

Pro: 2.5g