

# Apple Crisp

*Even as a dessert, this is a great way to get more fruit into your meals. The amount of sugar, salt, and flour can be adjusted to fit your dietary needs and tastes.*

## Ingredients

### Filling

- 4-6 apples, any variety will work depending on your tastes
- ¼ - ½ c butter, melted
- 2 tbsp. flour
- ¼ - ½ c sugar
- 1 tsp. cinnamon

### Crumble Topping

- 3 c quick oatmeal
- ¼ - ½ c brown sugar
- ½ - 1 c flour
- 1 tsp. salt
- 1 stick butter, melted

## Directions:

Preheat oven to 350° F. Peel, core, and chop (or slice) the apples. In a bowl, add the apples, butter, cinnamon, flour, and sugar. Mix and set aside. In a separate bowl, add the oatmeal, salt, brown sugar, and flour; mix until combined. Add melted butter and stir until mixture comes together.

Pour apple mixture into a baking dish (9 X 13 works well). Bake for 30-45 minutes until apples are tender and topping is golden.

