

APPLE CRISP

Yield: 16 Servings



NUTRITIONAL INFORMATION PER SERVING

- * Calories: 207
- * Cholesterol: 0 mg
- * Sodium: 4 mg
- * Fiber: 2 g
- * Protein: 2 g
- * Carbohydrates: 34 g
- * Total Fat: 7 g
- * Trans Fat: 0

INGREDIENTS

- * 1 1/2 cup Flour
- * 2/3 cup packed Brown Sugar
- * 1 cup dry Oatmeal (not instant)
- * 2/3 cup Butter or Margarine
- * 1 can Apple Pie Filling

DIRECTIONS

- * Combine flour, oatmeal and brown sugar until well blended.
 - * With a fork or pastry cutter, blend in butter or margarine. Mixture should be slightly crumbly but still stick together.
 - * Place 1/2 crust mixture in an 8 x 8 inch metal or glass pan. Pat down until even.
 - * Spread pie filling over the top of crust.
 - * Sprinkle remaining crust mixture over top of pie filling.
 - * Bake at 350 degrees for 40-50 minutes or until crust is slightly brown.
 - * Allow to cool and cut into squares.
 - * Enjoy!
- * This size recipe has not been pretested at home. It is based on a large quantity recipe.*



Recipe courtesy of
Saint Paul Public Schools Nutrition Services