

# Apple Oatmeal Crisp

## Ingredients

6 apples peeled, cored, sliced  
2 tablespoons white sugar  
1/4 teaspoon cinnamon  
1 cup flour (any kind)  
1 cup oats  
1 cup brown sugar  
2/3 cup margarine or butter

## Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a medium bowl, mix together apples, white sugar and cinnamon.
3. In a large bowl, add oats, brown sugar and margarine. Use a pastry blender (or two knives) to cut into oat mixture until it looks like crumbs.
4. Lightly grease a 9 x13 baking dish.
5. Spread 1/2 oat mixture on bottom of baking dish.
6. Spoon apple mixture over top.
7. Add the other 1/2 of oat mixture on top.
8. Bake in preheated oven for 45 to 50 minutes or until hot and golden on top.

**Makes 6 servings**

**Tip** - Instead of apples use:

- fresh or canned peaches or
- fresh or frozen blueberries

Courtesy of Healthy Start for Mom & Me, Winnipeg Tel: 204-949-5350 Website: [www.hsmm.ca](http://www.hsmm.ca)

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