

Dessert

Apple Crisp

Arlene Borg - Grammy Guru
www.hometownnewsol.com

6 large apples

1/4 cup sugar

TOPPING

1 stick butter or 1/2 cup butter substitute, room temperature

1 cup light brown sugar

1 cup flour

1/2 teaspoon cinnamon

1 cup chopped nuts (optional)

Preheat the oven to 350 degrees.

Peel and core the apples. Slice thin.

Treat a 9x12-inch baking dish with cooking spray.

Place half the apples into the dish. Sprinkle with the sugar and top with the remaining apples.

Cream the butter. Add the sugar, flour and cinnamon. Mix well. Add the nuts.

Press the mixture on top of the apples. Cut slits in the top.

Bake for 50 minutes.

Serve warm with ice cream or whipped topping.

Per Serving (excluding unknown items): 1685 Calories; 4g Fat (2.2% calories from fat); 15g Protein; 414g Carbohydrate; 27g Dietary Fiber; 0mg Cholesterol; 60mg Sodium. Exchanges: 6 1/2 Grain(Starch); 8 1/2 Fruit; 0 Fat; 12 1/2 Other Carbohydrates.