

Apple Crisp

From **Eric Pecherkiewicz**

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Ingredients

6 cups	apples, sliced
3 tablespoons	sugar
1/4 cup	brown sugar, packed
1/4 teaspoon	ground cinnamon, ginger or nutmeg
1/2 cup	rolled oats
3 tablespoons	flour
2 tablespoons	butter, softened
2 tablespoons	chopped nuts, ground flax seeds or chia seeds, for serving (optional)

Instructions

1. Preheat oven to 375°F. Mix apples and sugar in bowl, then place mixture in a 2-quart baking dish.
2. In same bowl, mix brown sugar, spices, oats and flour. Use fingers to break butter into small pea-size chunks and mix into dry ingredients.
3. Toss apples with the oat mixture until coated. Bake for about 35 minutes.
4. Top with nuts, ground flax or chia seeds, if desired, and serve warm.

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