

## Apple Crisp



### Nutrition Facts

Serving size: 1/2 cup

Calories: 145	Dietary Fiber: 2 g
Fat: 4 g	Sodium: 41 mg
Carbohydrate: 27 g	Protein: 2 g
Cholesterol: 0 mg	

Some of this warm Apple Crisp is sure to satisfy your sweet tooth this holiday season!

Recipe makes 7 servings.

Source: American Diabetes Association.  
For more Diabetes-friendly recipes, visit:  
<http://www.diabetes.org/mfa-recipes/>

CareMore Cal MediConnect Plan - <http://duals.caremore.com> - Member Services: 1-888-350-3447

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### Ingredients

- Cooking spray
- ¼ cup packed brown sugar
- ¼ cup all-purpose flour
- ½ cup old-fashioned oats
- 2 tablespoons margarine, softened
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- 5 cups peeled, sliced red apples (about 5 apples)

### Directions

1. Preheat oven to 375° F. Coat a 13 x 9-inch pan with cooking spray.
2. In a small bowl, combine brown sugar, flour, oats, margarine, cinnamon, nutmeg, and vanilla. Blend with a fork until moistened (mixture should be crumbly).
3. Layer apples in a pan and sprinkle brown sugar mixture evenly over top. Bake 30 minutes.