

# Apple Crumb Dessert



Servings: 4

Serving Size: ¼ of recipe

Ingredients:

- Nonstick cooking spray
- 4 medium apples for baking
- 1/2 cup quick-cooking oatmeal (uncooked)
- 1/4 cup light or dark brown sugar, packed
- 2 teaspoons cinnamon
- 1/3 cup 100% apple juice



Nutrition facts per serving: 130 calories; 0.5g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 33g carbohydrate; 3g fiber; 23g sugar; 9g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

Directions:

- Move the oven rack to the center of the oven. Preheat the oven to 350° F.
- Spray the bottom and sides of a 9-inch square baking dish with nonstick cooking spray.
- Wash and peel the apples. Cut them into thin slices.
- Spread the apple slices evenly over the bottom of the baking dish.
- In a small bowl, use a fork to mix the oatmeal, brown sugar and cinnamon.
- Spread the oatmeal mix evenly over the apples in the baking dish.
- Lightly pour the apple juice over the oatmeal mixture.
- Cover the dish and bake for 20-30 minutes until apples start to soften.
- Uncover and bake for another 15-20 minutes until apples are soft.

*Source: LEAP...for Health: USDA Mixing Bowl. What's Cooking? Fat-Free Apple Crumb Dessert*