Fat-Free Apple Crumb Dessert

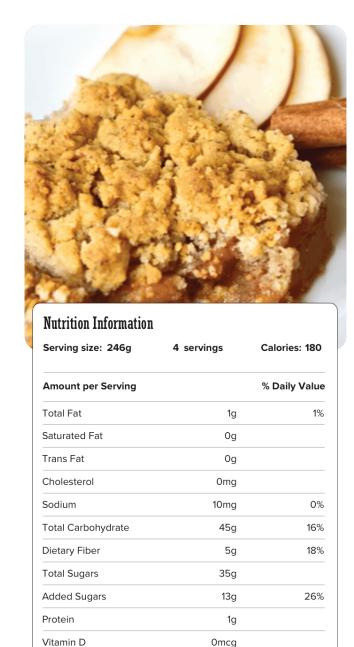
Prep: 15 min Cook: 50 min Serves: 4

Ingredients:

- · 4 apples, medium, baking
- ½ cup oatmeal, quick-cooking, uncooked
- ¼ cup brown sugar, light or dark
- · 2 teaspoons cinnamon, ground
- ⅓ cup apple juice
- · Nonstick cooking spray

Directions:

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



38mg

1mg

239mg

Calcium

Potassium

Iron

2%

6%

6%