

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.



Nutrition Information		
Serving size: 246g	4 servings	Calories: 180
Amount per Serving		% Daily Value
Total Fat	1g	1%
Saturated Fat	0g	
Trans Fat	0g	
Cholesterol	0mg	
Sodium	10mg	0%
Total Carbohydrate	45g	16%
Dietary Fiber	5g	18%
Total Sugars	35g	
Added Sugars	13g	26%
Protein	1g	
Vitamin D	0mcg	
Calcium	38mg	2%
Iron	1mg	6%
Potassium	239mg	6%