



Individual Baked Apple Crisps

Ingredients:

- ¼ cup + 2 Tablespoons old fashioned or quick cooking oats
- 2 Tablespoons brown sugar
- 1 Tablespoon flour
- ½ teaspoon ground cinnamon
- 2 Tablespoons chopped pecans, almonds or walnuts (optional)
- 1 large egg, beaten
- 2 medium apples, any variety

Prep time: 10 minutes

Cook Time: 50 minutes

Makes 4 – ½ apple servings

Directions:

1. Preheat oven to 350 degrees.
2. In a small bowl, add oats, brown sugar, flour, flour cinnamon and nuts. Stir together. Add the beaten egg to the dry ingredients. Stir to combine.
3. Cut apples in half through the top core. Use a small spoon or knife to scoop out the core to make a shallow cup.
4. Place apples in a baking dish and evenly spoon the oat filling into them.
5. Cover with foil and bake for 25 minutes. Remove foil and bake for 25 more minutes.

Tips:

- This recipe is a fancy showstopper – but it's simple to make!
- Place the apples in the oven when you sit down to your meal and they will be done when you're ready for dessert!
- These mini crisps have less saturated fat and sugar than the traditional version – and a kick of fiber!