

Apple Crisp



Everyone likes this dessert: the use of pure maple syrup ("maple syrup") makes it especially scrumptious.

PORTION SIZE: 1 ¼ cup apple crisp and ¼ cup yogurt with maple syrup

YIELDS 8 PORTIONS

INGREDIENTS

- 8 medium Granny Smith, peeled and cut into ½-inch cubes
- 1 lemon, the juice (about 2 tablespoons)
- ½ cup white vinegar
- 1 teaspoon cinnamon
- 4 tablespoons of whole wheat flour
- 1 cup quick-cooking oats
- ½ cup whole wheat flour
- ¾ cup light brown sugar, not packed
- 4 tablespoons creamy type margarine, cold
- 2 cups of natural flavor low-fat yogurt
- ¼ cup pure maple syrup (maple syrup)

INSTRUCTIONS

Filling

1. Heat the oven to 400 degrees Fahrenheit
2. In a large bowl, place the apples, the lemon juice, the white sugar, the cinnamon, and the 4 teaspoons of whole flour. Mix.
3. Pour into a rectangular 9 in. x 11 in. oven pan

Crisp

1. Mix the oats, the rest of the whole flour and the brown sugar
2. Using hands or two forks, mix the cold margarine until a grainy consistency is achieved.
3. Spread the mixture over the apples and put the pan in the oven.
4. Bake for 35 to 40 minutes until it is golden and bubbling.

Yogurt and maple syrup sauce

1. Mix the yogurt and the maple syrup and serve this sauce with the apple crisp.

NUTRITION INFORMATION PER PORTION

	Filling	Sauce
Calories	302	65
Fat (g)	6.98	.97
Cholesterol (mg)	0	3.68
Saturated fat (g)	1.4	.62
Sodium (mg)	74	44