Apple crunch

A small bowl of baked apples topped with a crumble mixture
Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

About this recipe

Serves
8
Serving size
1/8 of prepared recipe
Time to make
20 minutes preparation; 45 minutes cook time
Special criteria
Vegetarian recipes

Ingredients

- 5 medium apples (about 6 1/2 cups), peeled, cored, and sliced thin
- 1 cup rolled oats
- 2/3 cup flour
- 1/2 cup brown sugar
- 3/4 teaspoon cinnamon
- 1/4 cup margarine or butter, softened

Directions

1. Preheat oven to 350 degrees F.
2. Put apples in an 8 x 8 x 2-inch ungreased baking dish.
3. In medium bowl, combine oats, flour, brown sugar, and cinnamon and mix soft (not melted) margarine or butter into flour mixture.
4. Sprinkle mixture over apples and press down slightly.
5. Bake 40-45 minutes. Serve. Refrigerate leftovers.

Tips and variations

- You can use this same recipe to make any type of fruit crisp. Swap out the apples with 6 1/2 cups of one or more fruits chopped. Softer fruits (berries, etc.) may need less baking time than the apples.

- This is a great recipe to make for those who have an allergy to gluten. Swap out the 2/3 cup flour with a gluten-free flour such as almond flour. It will not effect the taste.

Nutritional info

Calories
209
Saturated fat
1.2 g
Cholesterol
0 mg
Sodium
50 mg
Total carbohydrates
36.8 g
Dietary fiber
2.8 g
Protein
2.7 g
Total sugar
19.1 g
Allergens
Eggs
Wheat

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