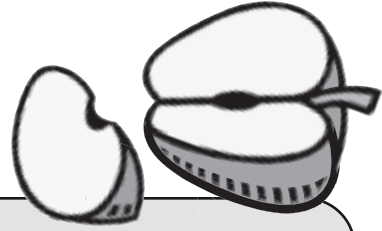


TRY THIS AT HOME:

Apple Crisp



You will need:

4 baking apples, peeled and sliced
(Granny Smith or Rome Beauty)
1 tablespoon water
1/4 teaspoon salt
1/2 cup flour

PREP TIME: 15 minutes

4 teaspoons brown sugar
4 teaspoon butter
1 teaspoon cinnamon
Help from an adult

How do you make a delicious apple dessert?

1. Place apples, water and salt in an 8-inch baking dish sprayed with vegetable cooking spray.
2. Combine remaining ingredients in a separate bowl with a fork, until crumbly.
3. Sprinkle mixture over apple slices.
4. Bake in oven for 25 minutes at 350 degrees.
5. Let cool slightly and cut into nine squares. Enjoy!

SERVING SIZE: 1 square

Fun Fact

Apples are in season during the late summer and fall. Buying fresh fruits that are in season may cost less and be more flavorful than fruits that are out of season. Strawberries are in season in the spring, peaches in the summer, pears in the fall and cantaloupe in the winter. If your favorite fruit is not in season you can always buy it frozen, dried, or canned.