

Apple Crumble

2 – 2 ½ cups chopped apples (Granny Smith or Honey Crisp)
1 teaspoon cinnamon
2 tablespoons brown sugar
1 tablespoon lemon juice

Topping:

¾ cup all-purpose flour
¼ teaspoon salt
1/3 cup sugar
1/3 cup butter, at room temperature

Directions:

Preheat oven to 350 degrees F. Combine apples, cinnamon, brown sugar, and lemon juice. Place in 1-quart casserole dish sprayed with vegetable spray. Combine flour, salt and sugar. Cut in margarine to make a crumbly topping. Crumble evenly over the top of apples. Bake until apples are bubbling and topping is golden, about 30 minutes.

Serves 6

Nutrient Analysis, per serving: 242 calories, 37g. carbohydrate, 2g. protein, 10g. fat, 4mg. sodium