

## Maple Apple Crisp

### Ingredients

- 7 cups sliced peeled apples (about 2 ½ pounds of Granny Smith apples)
- ¼ cup maple syrup
- 1 ½ tsp cornstarch
- 1 tsp ground cinnamon
- 1 tsp vanilla
- Dash of salt
  
- 1/3 cup regular oats
- 1/3 cup whole wheat pastry flour
- ½ cup packed light brown sugar
- ½ tsp cinnamon
- ¼ cup trans fat-free stick margarine

### Directions

Preheat oven to 375°

Combine maple syrup, cornstarch, cinnamon, vanilla, and salt in a large bowl. Add apple slices and mix well. Spoon the apple mixture into a 9x9 inch baking dish, coated with non-stick cooking spray.

To prepare topping, combine oats, flour, sugar, and cinnamon in a bowl; cut in chilled margarine with a pastry blender until mixture is crumbly. Sprinkle mixture evenly over the apple filling. Bake at 375° for 45 minutes or until golden brown.

**Yield:** 6 servings

*Calories: 275, Total Fat: 7 g (saturated fat 1.75 g, no trans fat), Protein: 1.7 g, Carbohydrate: 52 g, Cholesterol: 0 g, Sodium: 80 mg, Fiber: 3.4 g.*