



LOCAL FOODS FOR GROWING MINDS

**FEED
OUR
FUTURE**

RECIPE CARD

Grow it. Share it. Eat it.

Cooking together not only leads to delicious healthy meals, it can also be a great way for families to spend more time together, teach each other about local foods that are in season, and how to prepare them.



Apple Crisp

Featured Item: Apple

Serving Size: 1/2 cup • Yield: 12

Fun Facts:

• Try not to peel your apple. All of the fiber and nutrients are in the skin!

Try It!

• Apples like Honeycrisp, Braeburn, Winesap, Pink Lady, Granny Smith, Golden Delicious, Fuji, Jonagold, and Jonathan all work well for baking!

INGREDIENTS

Apples:	9 peeled and diced
Unsweetened Applesauce:	1 1/2 C
Corn Starch:	1 1/2 tsp
Whole Wheat Flour:	1/4 C
Oats:	1/4 C
Brown Sugar:	3 Tbsp
Unsalted Butter, Melted:	3 Tbsp

DIRECTIONS

1. Preheat oven to 350°F.
2. Peel and slice apples into bite-sized pieces.
3. In bowl, mix together apples, applesauce, and cornstarch. Spread into a glass pan.
4. In another bowl, mix together oats, flour, and brown sugar.
5. Melt butter.
6. Put butter into oat/flour/sugar mixture and stir to make crumble.
7. Sprinkle crumble on top of fruit mix.
8. Bake, covered, for 30 minutes. Remove cover, finish baking uncovered for about 10 minutes, until the topping is crisp.

Source: Pisanick Partners, LLC.