Mom’s Apple Crisp

Ingredients:

1/2 cup all-purpose flour, plus 2 Tbsp
1/2 cup old fashioned oats (not instant)
1/4 cup packed brown sugar
1/2 teaspoon ground ginger
1/4 teaspoon cinnamon
1 pinch salt
3 tablespoons light stick butter, diced
1 teaspoon water
1/4 cup granulated sugar
1/4 teaspoon ground nutmeg
1 pinch ground cloves
3 lbs jonathan apples, peeled and thinly sliced
1 teaspoon vanilla extract

Directions:

1. Preheat the oven to 375°F Spray a shallow 1-1/2 quart baking dish with nonstick spray.
2. To make the topping, combine the 1/2 cup flour, the oats, brown sugar, ginger, cinnamon, and salt in a medium bowl. With a pastry blender or 2 knives used scissor-fashion, cut in the butter until the mixture resembles coarse crumbs. Add the water and firmly press mixture to form clumps.
3. To make the filling, mix the granulated sugar, the 2 tablespoons flour, the nutmeg, and cloves in a large bowl. Add the apples and vanilla; mix well. Transfer to the baking dish. Sprinkle the topping over the filling. Bake until the filling is bubbling and the topping is golden, 55 - 60 minutes. Serve warm or at room temperature.

Makes 8 Servings

Nutritional Info Per Serving: 227 calories; 5 g fat; 11 mg cholesterol; 46 g carbs;
2 g protein; 5 g fiber; 62 mg sodium