

Apple Crisp

Ingredients:

½ cup thinly sliced peeled tart apple (like Granny Smith)
1 tsp water
1½ tsp sugar
1 Tb brown sugar
1 Tb + 1 tsp flour
1 Tb cold butter
Pinch of ground cinnamon
Pinch of ground nutmeg
Dash of salt

Directions:

- In a small mixing bowl, combine the apple, sugar and water. Place in a small oven proof individual baking dish, coated with cooking spray.
- In a small mixing bowl, combine the flour, brown sugar, cinnamon, nutmeg and salt.
- Cut in butter until mixture resembles coarse crumbs. Sprinkle over apple mixture.
- Bake at 375 degrees for 20 minutes or until tender. Serve warm.

This recipe makes one individual serving.