Recipe For Health | NOVEMBER 2020

BROOKE PLINE’S APPLE CRISP

Laura Allen at https://tastesbetterfromscratch.com/apple-crisp/

Featured Food: Brooke’s Recipe

Yield: serves 6

Ingredients

For the Crumb Topping:

- ½ cup all-purpose flour
- ½ cup old-fashioned rolled oats
- ½ cup light brown sugar
- ½ t baking powder
- ¼ t ground cinnamon
- Dash of salt
- 1/3 cup unsalted butter, but into small pieces

Apple Filling:

- 3-4 large Granny Smith apples, peeled and thinly sliced
- 3 T butter, melted
- 2 T all-purpose flour
- 1 T lemon juice
- 3 T milk
- ½ t vanilla extract
- ¼ c light brown sugar
- ½ t ground cinnamon
- Dash of salt

Preparation

Preheat the oven to 375°F.

Crumb Topping: Mix crumb topping ingredients in medium size bowl with a fork or pastry blender until it resembles small crumbs. Refrigerate while you prepare the apple filling.

Apple Mixture: Peel, core and slice the apples. In a small bowl, combine melted butter and flour until well blended. Add lemon juice, milk and vanilla and stir well. Stir in brown sugar, cinnamon and salt. Pour butter mixture over apples and toss to coat.

Pour apple mixture into an 8x8-inch baking dish and spread into an even layer. Sprinkle crumb topping evenly over the apples. Bake 30-35 minutes or until golden brown and top is set. Remove from oven and allow to cool for at least 10 minutes before serving. Enjoy with vanilla ice cream and caramel sauce!