

APPLE RECIPES

Apple Crisp

6 cups freshly sliced apples (cores discarded; about 4–6 small to medium apples)
1 Tbsp fresh lemon juice
 $\frac{1}{3}$ C sugar divided
1 $\frac{1}{4}$ C rolled oats
 $\frac{1}{2}$ C all-purpose flour
 $\frac{1}{2}$ tsp vanilla extract
1 tsp cinnamon
6 Tbsp unsalted butter (melted)

Preheat oven to 375 degrees F and coat a 9X13 pan with nonstick spray. Dice the apples. Add to the prepared pan and toss with lemon juice and 2 Tbsp sugar. Place oats, flour, remaining sugar, vanilla, cinnamon, and butter in a medium bowl and Stir. Spread the topping over the apples. Press down slightly. Bake for 30–35 minutes or until the apples are soft. (If the topping starts to get too dark brown at any point, cover it loosely with foil and continue baking.) Let cool slightly and serve warm or room temperature.

Simple Sauteed Apples with Cinnamon

1 Tbsp unsalted butter (or coconut oil)
2–3 Medium apples (cored and chopped; about 2 cups)
 $\frac{1}{2}$ tsp cinnamon

Warm the butter or oil in a medium nonstick skillet over medium heat. When melted, add the apples. Stir to coat and cook for 10 minutes or until soft when poked with a fork. Stir in cinnamon and serve warm.

