



strong bodies **healthy minds**

Apple Crisp

There are a zillion varieties of apples—from Granny Smith to Braeburn to Gala. Whether you like them tart or sweet, you'll love them in this recipe. Choose whatever variety appeals to make for this treat. We've topped each serving with our Crunchy Granola and Walnuts recipe; because the apples are slightly warm after cooking, the result tastes just like an old-fashioned apple crisp -- except now it has whole grains, fiber, no saturated fat, *and* it's low in calories. The agave nectar adds extra sweetness in a natural way.

Ingredients:

- 8 small apples
- ½ cup water
- 1 tablespoon agave nectar
- ½ teaspoon ground cinnamon
- 1 cup Crunchy Granola with Walnuts (see recipe page 000)

Directions:

1. Peel, core, and cut apples into 1-inch chunks.
2. In large saucepan, stir together water and agave nectar; heat to boiling over medium heat. Add apples and cinnamon; cover and cook until liquid evaporates and apples are soft, 15-20 minutes, stirring occasionally.
3. Remove saucepan from heat. With potato masher, mash apples until slightly chunky.
4. To serve, spoon ½ cup apple mixture into each of 8 dessert bowls; top each with 2 tablespoons granola.

Makes 8 servings (½ cup per serving).

Nutrition Facts per serving: 100 calories; 1.5g fat (0g sat fat, 1g poly, 0g trans fat); 0mg cholesterol; 22g carbohydrate (3g fiber, 15g sugar); 1g protein; 0mg sodium; 2% Daily Value (DV) vitamin A; 8% DV vitamin C; 2% DV calcium; 2% DV iron.