

Apple Cobbler



Ingredients:

For the Apples:

4 cups (3 to 4 medium) peeled, cored, sliced Granny Smith apples cut $\frac{1}{8}$ to $\frac{1}{4}$ inch thick

For the Crisp Topping:

2 teaspoons lemon juice

$\frac{3}{4}$ cup Old Fashioned Oats

$\frac{1}{4}$ cup white whole wheat flour

2 tablespoons zero calorie sweetener

1 tablespoon coconut oil

1 teaspoon cinnamon

$\frac{1}{4}$ teaspoon salt

Directions:

Heat the oven to 350°F. Coat an 11" x 7" baking dish with cooking spray.

Place the apples evenly on the bottom of the prepared baking dish.

Make the crisp topping by combining in a medium bowl the sweetener, lemon juice, oats, flour, melted coconut oil, cinnamon and salt until the mixture resembles coarse meal.

Sprinkle the topping evenly over the apples.

Bake the crisp for 30 minutes or until the crisp becomes lightly browned and the apples are tender when pierced with the tip of a thin knife.

Remove the crisp from the oven, and allow it to cool for about 5 minutes until it is easy to portion out of the baking dish.

Makes four servings. Count each serving as a snack and a fruit.