



**Nova Scotia  
Apples**  
*Pick An Original*



## Apple Crisp with Easy 1/2 Cup Topping

- 6 - 7 good size apples
- 1/3 cup sugar
- 1/8 tsp nutmeg

Preheat oven to 350F. Spray a 2L oven-proof casserole with cooking spray. Peel, core and slice the apples. Pile apple slices in casserole, sprinkle with sugar and nutmeg. (Brown sugar or maple syrup could be used if preferred.)

### Make Topping

- 1/2 cup rolled oats
- 1/2 cup flour (all purpose or whole wheat)
- 1/2 cup brown sugar
- 1/2 cup or less butter or margarine

Crumble topping ingredients together and place on apples. Bake for 40 - 45 minutes until topping is browned and apples are tender. Serve warm or chilled.

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