

Apple Crisp

4 cups of MacIntosh apples

1/3 cup of non-hydrogenated margarine

1/2 cup whole wheat flour

3/4 cup brown sugar

1/2 cup instant oats

1 tsp cinnamon

Directions:

1. Peel apples. Cut into quarters and remove core. Cut pieces of apple into thin slices. Set aside.
2. Combine flour, brown sugar, oats and cinnamon in a large bowl. Add margarine and mix until crumbly.
3. Pour apples into an 8x8 inch baking dish. Cover with flour mixture.
4. Bake at 350° F (180° C) for 30 minutes, or until apples are soft and topping is golden brown.