

# Apple Crisp

## Apple Crisp



Serves 6

4 Points on all plans

- 4 cups apples, peeled and sliced (tart apples work best, but anything will do)
- 1/2 cup water (less for juicy apples)
- 3/4 cup flour
- 1/2 cup zero calorie brown sugar (such as Swerve)
- 1/2 cup zero calorie granular sugar (such as Lakanto Monkfruit)
- 1 tsp cinnamon
- 1/2 cup light butter, soft but not melted

1. Preheat oven to 350
2. Spray a casserole dish (11x7) with non stick spray.
3. Place sliced apples in casserole dish. Add water
4. In a medium bowl, mix flour, sugars, cinnamon.
5. Add butter and mix with a fork until crumbly
6. Spread topping over the apples.
7. Bake at 350 until the apples are tender and the crust is brown. About 30-45 minutes (mine takes 45)

8. Serve with whipped cream or ice cream (add points accordingly)