



## Apple Crisp

Sliced apples to fill 9x13" baking dish 1/2 full  
1 cup rolled oats  
1 cup Sucanat  
3/4 cup oat flour  
2.5 Tbsp. cinnamon  
1 stick butter  
1 Tbsp. unbuffered Vitamin C (ascorbic acid) powder  
Nutmeg (optional to taste)

Preheat oven to 350 degrees. Slice apples and fill a 9x13" baking dish half full. Sprinkle with 1/2 cup Sucanat (add one Tbsp. vitamin C powder). In a separate bowl, mix remaining Sucanat, rolled oats, oat flour, cinnamon, and butter. Put topping over apples and cook at 350 for 45-60 minutes until mixture is bubbly and apples are soft (test with a fork.)

