

Low-Point Apple Crisp

Ingredients:

- 2 medium apples, peeled and cored
- 1 tsp. corn starch
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/4 tsp. all spice
- 1/4 cup dried cranberries (optional)

Topping:

- 1/3 cup whole-wheat flour
- 2 Tbs brown sugar
- 1 Tbs Splenda
- 1/4 tsp. salt
- 1/4 cup rolled oats
- 1/2 tsp. cinnamon
- 4 Tbs butter, (Land O Lakes Light)

Preheat oven to 350 degrees. Spray a 8 1/2 inch by 11 inch baking dish with Pam cooking spray. Peel and core apples. Slice them about 1/4-inch thick. Place apples in a bowl with the corn starch, cinnamon, nutmeg, all spice, and cranberries. Mix well and arrange the mixture in the baking pan. Combine flour, brown sugar, Splenda, salt, rolled oats, and cinnamon. Add slightly-softened butter until mixture is crumbly. Arrange butter crumble mixture atop apples until it's evenly coated. Bake for 45 to 50 minutes. Serve with ice cream (if desired); OR for a lower-point dessert, add 2 Tbs lite cool whip or 1/2 Tbs fat-free Smucker's caramel sundae syrup to each serving. Enjoy!

Total servings - 6 (1/2-cup servings)

Serving size - 1

Points per serving - 2

If you add 2 Tbs of lite cool whip or 1/2 Tbs Smucker's caramel sundae syrup, the total points per serving is 2.5.

This delicious recipe can be found on the website *Points In My Life* (www.pointsinmylife.com)