

• Fruit makes for a delicious desert on it's own. We've sweetened it up even more with brown sugar and cinnamon for this yummy apple dish. Remind the children of the Enchanted Orchard. Lots of fruit grows in an orchard, including apples. Can the children think of any other orchard fruits?

Healthy Eating



Apple Crisp

4 cups sliced tart apples (about 4 medium)
2/3 cup packed brown sugar
1/2 cup flour
3/4 cup oats
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/3 cup margarine softened

Heat oven to 375°. Arrange apples in square pan greased with margarine. Mix remaining ingredients. Sprinkle over apples.

Bake until topping is golden brown and apples are soft, about 40 minutes.