

Microwave Apple Crisp

Inspired by allrecipes.com

Ingredients:

- 4 large apples; peeled, cored and sliced
- 1/2 cup melted butter, vegetable or coconut oil
- 3/4 cup packed brown sugar
- 3/4 cup quick-cooking oats
- 1/2 cup all-purpose or gluten-free flour
- 1 teaspoon ground cinnamon
- *Optional:* 1/2 teaspoon allspice

Method:

1. Spread apples in 8-inch square glass dish or bowl. In a separate bowl, mix melted butter, brown sugar, oats, flour, cinnamon and allspice. Sprinkle topping evenly over apples.
2. Cook on full power in microwave for 10 to 12 minutes, until apples can easily be pierced with a knife. Serve warm and enjoy!

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Growing Connections to Fresh Food

