

Apple Oatmeal Crisp



Recipe inspired by: [UnlockFood.ca](https://unlockfood.ca) ("Ontario Apple Oatmeal Crisp")

What you need

- 1 ½ cup oats
- 2 tablespoons sugar
- 1 teaspoon cinnamon (optional)
- ⅓ cup apple juice
- ⅓ cup butter, margarine or oil, melted + a little bit to grease baking dish
- 5-6 apples, cored and thinly sliced (if peeling, eat the peel, it has lots of goodness in it)
- 1 tablespoon lemon juice (optional)

Servings: 8

Preparation (55 minutes):

1. In a bowl, combine of oats, ⅓ cup sugar, ½ teaspoon cinnamon and the salt
2. Stir in half the apple juice and all the butter
3. Grease an 8-inch square baking dish and add the mixture
4. Add the apples, lemon juice, remaining apple juice, sugar and cinnamon
5. Sprinkle oat mixture evenly over the apples
6. Bake in oven at 375°F (190°C) until apples are soft and topping is golden brown (about 30-40 minutes)