

Apple or Pear Crisp

serves 6

Everyone's favourite fall dessert!

Ingredients:

6 apples and/or pears
2 tablespoons sugar (optional)
1 teaspoon cinnamon, nutmeg, ground ginger, and/or cardamom
½ teaspoon lemon zest (optional)

¾ cup light brown sugar
¾ cup old fashioned rolled oats
¾ cup all-purpose flour
½ cup (¼ pound) cold butter
pinch of salt (optional)



Directions:

- Preheat oven to 350° F.
- Wash and cut apples and/or pears into bite-sized pieces. You can leave the peel on. Put into a baking dish and mix with sugar, spices and lemon zest.
- In a medium bowl, mix brown sugar, oats, and flour. Use a pastry blender or two knives to cut the butter into dry ingredients until the butter is pea-sized. Some people prefer to grate their butter into the flour mixture.
- Sprinkle the flour-butter mixture on top of the apples.
- Bake in preheated oven until top is golden brown and apples/pears are tender.
- **Enjoy!** Serve hot, warm or cold.

Variations:

- ❖ Some people like this dessert served with a scoop of vanilla ice cream.
- ❖ You can also use this crisp recipe with other fruits. It'd be delicious with peaches, plums, strawberries and blueberries in the summer.
- ❖ Feel free to add chopped nuts into the crisp before you sprinkle it over the fruit.

