

Apple Crisp

Ingredients:

- * 6 cups fresh sliced Braeburn apples, or your favorite apple
- * 1 tbsp fresh lemon juice
- * 2 tbsp + 2 tsp white sugar
- * 1 tbsp cornstarch
- * 1 1/2 tsp ground cinnamon
- * 1/3 cup ground flaxseed
- * 1/4 cup brown sugar, packed
- * 1/3 cup quick cooking oats



Directions:

Preheat oven to 350°. Combine apples and lemon juice in a baking dish, coated with nonstick spray, and toss gently to coat. Combine sugar, cornstarch and 1 teaspoon cinnamon. Stir with a whisk to blend. Then add cornstarch mixture to apple mixture and toss well to coat. Combine flax, remaining cinnamon, brown sugar, and oats in a separate bowl. Sprinkle evenly over apple mixture. Bake for approximately 40 minutes or until apples are tender and topping golden brown.