



Branapple Crisp

Servings: 6

Serving Size: 1/2 cup

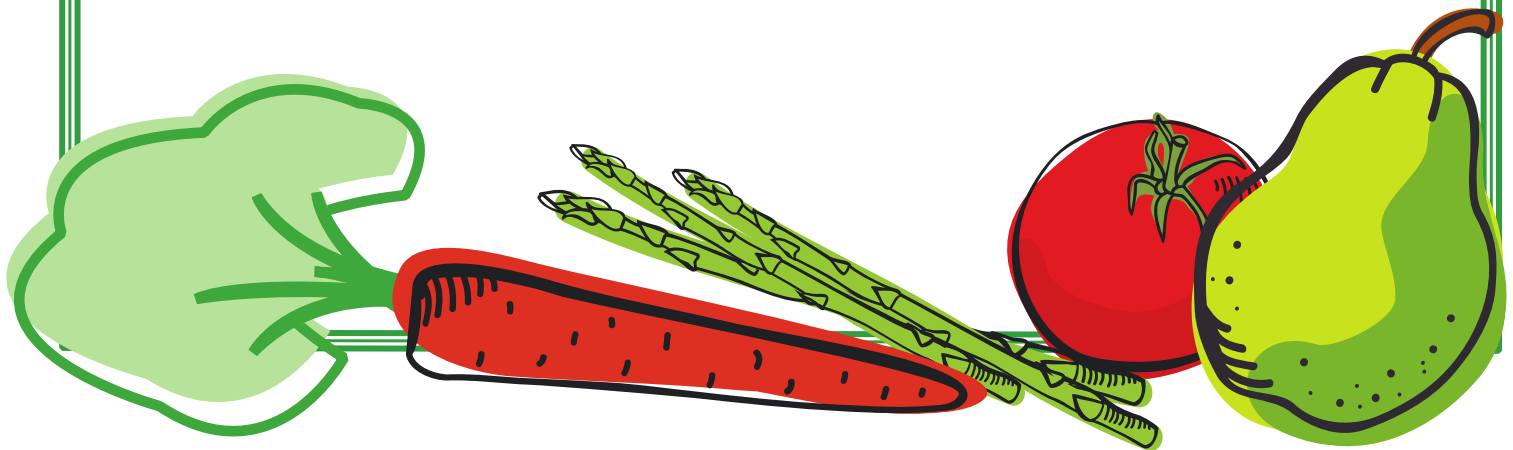
Ingredients:

- Vegetable oil spray
- 4 apples, washed and thinly sliced
- 2 teaspoons lemon juice
- 1 1/2 cups raisin bran type cereal
- 1/3 cup sugar
- 1/3 cup all-purpose flour
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 cup margarine

Directions:

1. Preheat oven to 375
2. Spray 8-inch square baking pan with cooking spray. Combine apples and lemon juice; spread into prepared pan.
3. Crush cereal. Combine cereal, sugar, flour, cinnamon and nutmeg; mix well.
4. Cut in margarine until mixture forms coarse crumbs.
5. Sprinkle cereal mixture over apples.
6. Bake 20 to 25 minutes or until apples browned.
7. Serve warm.

Nutrition Facts	
Serving Size 1/2 cup (166g)	
Servings Per Container 6	
Amount Per Serving	
Calories 250	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 1.5g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 45g	15%
Dietary Fiber 5g	20%
Sugars 28g	
Protein 2g	
Vitamin A 10%	• Vitamin C 10%
Calcium 2%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



For more recipes: www.eatsmart.umd.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression. This institution is an equal opportunity provider. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more about Maryland's Food Supplement Program (SNAP), contact the Maryland Department of Human Resources at 1-800-332-6347 or apply online at <https://mydhrbenefits.dhr.state.md.us/>.

