

Crunchy Apples (a/k/a “Apple Crunch”)

3-6 medium-sized apples (preferably peeled), cored, sliced thin

3/4 C Quick oatmeal (or gluten-free cornflakes for gluten-free recipe)

1/3 - 3/4 C Brown sugar

1/2 C Flour (or substitute equal parts rice flour, corn meal & corn starch)

1/3 - 1/2 C Butter or margarine (melted)

1/2 t Cinnamon (optional)

Arrange apple slices in 8" pan. Combine other ingredients in a bowl, sprinkle over apples. Bake at 350 F for 35-40 minutes. Serve warm with ice cream or milk. Serves 6.

Granny Smith & Pippin are excellent “pie apples” for Crunchy Apples or apple pie. Fresh, locally grown apples are best.