



Quick Apple Crisp Bowl

Prep: 10 minutes

Cook: 2 minutes • Serves: 2

- 1 medium Gala or Braeburn apple, cored and sliced ¼-inch-thick
- 1 cup plain or flavored low fat granola cereal
- 3 tablespoons sliced almonds
- 1 tablespoon light brown sugar
- ¼ teaspoon ground cinnamon
- 1½ tablespoons unsalted butter, cut into small pieces
- ⅓ cup low fat plain or vanilla yogurt (optional)

1. In medium bowl, toss apple, granola, almonds, brown sugar and cinnamon. Evenly divide apple mixture into 2 small microwave-safe bowls; top each with half the butter.

2. Cover 1 bowl with paper towel and cook in microwave oven on high 1 minute or until apples are just tender; stir to combine. Repeat with remaining bowl. Serve topped with yogurt, if desired.

Approximate nutritional values per serving:

322 Calories, 14g Fat (6g Saturated), 22mg Cholesterol, 85mg Sodium, 45g Carbohydrates, 6g Fiber, 7g Protein

Helpful tip:

> Adjust the ingredients in this recipe for personal taste: substitute walnuts or pecans for almonds; add dried fruit, honey and/or sweetened coconut flakes to the apple mixture; top with fresh berries.