

# APPLE CRISP IN A MUG

By: Hannah  
Keene State College Dietetic Intern



## Ingredients

### For the apple filling:

- 1 Apple Peeled and Sliced Thin
- 1/2 Tablespoon of Melted Butter
- 1/4 Teaspoon Cinnamon
- 1 Teaspoon Brown Sugar
- 1 Teaspoon Flour

### For the crisp topping:

- 2 Tablespoons of Softened Butter
- 1 Tablespoon Flour
- 3 Tablespoons Old Fashioned Oats
- 1 Tablespoon Brown Sugar
- 1/4 teaspoon cinnamon

## Directions

1. Mix apple filling ingredients in a small bowl.
2. Mix together crisp ingredients. Work in the butter with a fork.
3. Layer half the apples in a microwave safe bowl, mug, or ramekin. Top with half the crisp mixture. Add another layer of apples and then the remaining crisp mixture. Place in the microwave and cook for 3 minutes.
4. Careful, it will be very hot when removing from the microwave! Serve warm with whipped topping or vanilla ice cream.

## Nutrition Fun Facts

The combination of apples and oatmeal make a filling snack consisting of fiber and Vitamin C. Vitamin C is an anti-oxidant that supports your immune system. Apples contain both types of fiber, soluble and insoluble, which will help regulate your digestive system.