








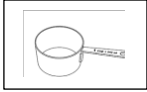

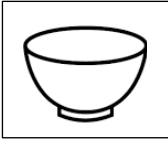



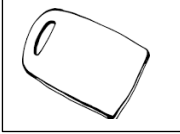


Apple Crisp

Ingredients:	
6-8 apples, sliced	
½ cup raisins	
1/3 cup water	
1 cup rolled oats	
½ cup whole wheat or rye flour	
½ cup wheat germ	
½ cup butter or oil	
½ cup brown sugar or honey	
2 tsp cinnamon	

Supplies:	
Measuring cups	
Teaspoon	
Large bowl	
Large spoon	
9 x 13" pan	
Knife	
Cutting board	

Steps:

1. Slice apples and place in a buttered 9 x 13" pan.
2. Sprinkle with raisins and water.
3. Combine the ingredients in a large bowl and sprinkle evenly over apples.
4. Bake at 375 degrees F for 30-40 minutes or until the apples are soft.
5. Serve warm or cold, plain or with toppings.

Toppings: Milk, Yogurt or vanilla ice cream

Variation: Substitute 3-4 cups chopped rhubarb for the apple slices.