

Individual Fruit Crisp

Serves: 1-2

Ingredients:

- 1/2 apple, thinly sliced
- 1/4 cup dried cranberries (optional)
- 1 Tbs flour
- 1 Tbs brown sugar, divided
- 1/4 cup oats
- 1/8 tsp of cinnamon
- Pinch of salt
- 1 Tbs + 1 tsp butter

Instructions:

1. Preheat the oven to 350 degrees F. Spray a ramekin or ovenproof bowl with cooking spray.
2. Toss apples in 1/2 tsp of sugar and place in the ramekin.
3. In a small bowl, combine flour and remaining sugar with the oats, cinnamon, and salt.
4. Add the butter and mash with a fork until mixture is crumbly.
5. Sprinkle crumble mixture on top of the fruit and bake for 25-35 minutes, until top is golden brown and fruit filling is bubbling.

Tips:

- Substitute other fresh, frozen, or canned fruit for the apples.
- This recipe can be doubled and baked in a six-inch cast iron skillet or ovenproof bowl.

Source: FoodSmart Colorado