

Apple Crisp

This recipe can also be made in individual serving sizes, which is ideal for COVID safety in the classroom. See page two for instructions for teachers working with students.

Recipe from Tilth Alliance
Makes 6-8 servings

Ingredients

4 granny smith apples
1/4 cup sugar
1 tablespoon corn starch
1/2 teaspoon cinnamon (optional)
1 tablespoon lemon juice
1/2 cup flour
1 cup rolled oats
1/4 cup brown sugar, packed
1/4 teaspoon salt
1/2 cup butter (one stick)

Instructions

Preheat oven to 350°F.

Cut the apples into thin slices. In a medium bowl, mix the apples, sugar, corn starch, and cinnamon (if using). Stir in lemon juice. Pour apple mixture into an 8x8 baking dish.

Combine the flour, oats, brown sugar, and salt in a separate medium bowl. Melt the butter in a pan on medium heat. Pour butter over the oat mixture and stir until evenly combined.

Distribute the oat mixture evenly over the apples and place in oven for 35-45 minutes, until bubbling and golden brown. Pull from the oven and let rest about 10 minutes before serving.

Note:

- To make the recipe gluten free, use a gluten-free flour blend in place of the flour and ensure the oats are gluten free.
- To make the recipe dairy free, use coconut oil or vegan butter in place of butter.



Photo credit: The Kitchn website

Personal Apple Crisp

Our preparation instructions ensure that students are not sharing ingredients or utensils that could cause cross contamination.

Makes 8 individual apple crisps

Ingredients

Use the ingredients list from page one, except you will need 1 extra teaspoon of corn starch and 1 whole lemon

Equipment

- Cutting boards and knives for every student (plastic or butter knives are best for preschoolers)
- Small mixing bowls and spoons for every student
- Measuring cups and spoons
- Individual ceramic ramekins or small foil pans (note: foil pans may be larger than individual ramekins and may require larger measurements of prepared ingredients, resulting in less than 8 individual apple crisps)



Photo credit: Pretty Simple Sweet website

Instructions for Teacher Preparation

1. Cut apples in half and core out the seeds. Place in a bowl of water with 1 tablespoon lemon juice to prevent browning.
2. Combine the flour, oats, brown sugar, salt, and cinnamon in a separate medium bowl. Melt the butter in a pan on medium heat. Pour butter over the oat mixture and stir until evenly combined.
3. Cut lemon into 8 wedges.
4. Preheat oven to 350°F.

Instructions for Cooking with Students

1. Provide each student with half an apple to cut into small pieces. Demonstrate how to safely cut using a plastic or butter knife and what size you want them to cut their apples.
2. Provide each student with a small bowl for their cut apples, then measure 1 ½ teaspoons of sugar and 1/2 teaspoon of corn starch into each bowl. Next, give each student one lemon wedge to squeeze over their bowl and stir together with the apples, sugar, and corn starch.

farm to TABLE

3. Provide each student with an individual ramekin or small foil pan. Have students transfer their apple mixture into their individual baking dish. Measure out 1/4 cup of the oat mixture and pour it onto each students' baking dish. Have students spread the oat mixture evenly over their apples.
4. Teachers should place the individual baking dishes on a sheet pan and bake in the oven for 20-25 minutes, until bubbling and the oat crumb top is golden brown. Remove from oven and let rest at least 10 minutes before serving.

Note:

- To make the recipe gluten free, use a gluten-free flour blend in place of the flour and ensure the oats are gluten free.
- To make the recipe dairy free, use coconut oil or vegan butter in place of butter.