



Recipe #721 Diabetic Friendly Apple Crip Serving Size and Ingredients: 4 oz.

25 Servings	50 Servings	100 Servings	Ingredients
1-1/2 cups	3 cups	1-1/2 qts.	Flour
1-3/4 cups	3-1/2 cups	1-3/4 qts.	Rolled Oats
1 cup	2 cups	1 qt.	Brown Sugar
3/4 Tbsp.	1-1/2 Tbsp.	3 Tbsp.	Cinnamon
3/4 Tbsp.	1-1/2 Tbsp.	3 Tbsp.	Nutmeg
1/4 tsp.	1/2 tsp.	1 tsp.	Salt
1 cup	2 cups	1 qt.	Margarine
3 lbs. + 2 oz.	6 lbs. + 4 oz.	12 lbs. + 8 oz.	Sliced Apples, canned, with juice
3/4 cup	1-1/2 Tbsp.	3 cup	Sugar
1/4 Tbsp.	1/2 Tbsp.	1 Tbsp.	Cinnamon
2 Tbsp.	1/4 cup	1/2 cup	Lemon Juice

North Central New Mexico Economic Development District
 Council of Governments
 Non-Metro Area Agency on Aging
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Instructions:

- 1. Topping: Combine flour, rolled oats, brown sugar, cinnamon, nutmeg, salt and margarine, mix until crumbly.**
- 2. Filling: Drain apples, reserve juice.**
- 3. Add enough water to juice to make: 3 cups liquid (100 servings), 1 ½ cups (50 servings), ¾ cup (25 servings).**
- 4. Place apples in pans: 2-12"x20"x2 ½" (100 servings), 1-12"x20"x2 ½" (50 servings), 1-6"x10"x2 ½" (25 servings)**
- 5. Sprinkle sugar, cinnamon and lemon juice over apples in pan, stir to combine.**
- 6. Pour liquid over apples in pan and sprinkle with topping.**
- 7. Bake in oven at 425°F for 35-45 minutes.**



8. *Cut small pan into 25 pieces and large pans into 50 pieces.*

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