

## APPLE CRISP CUPS

<b>Ingredients</b>	<b>Equipment</b>
<b>Filling</b>	<b>Chopping Boards</b>
<b>2 Apples</b>	<b>Knives</b>
<b>2 Tablespoons Water</b>	<b>Saucepan</b>
<b>1 Tablespoon White Sugar</b>	<b>Cup &amp; Spoon Measures</b>
<b>¼ Teaspoon Cinnamon</b>	<b>Large Mixing Bowl</b>
	<b>Vegetable Peeler</b>
<b>Crust</b>	<b>Small muffin pan</b>
<b>1 Cup Plain Flour</b>	
<b>1 Cup Rolled Oats</b>	
<b>¾ Cup Brown Sugar</b>	
<b>¼ Teaspoon Nutmeg</b>	
<b>½ Teaspoon Cinnamon</b>	
<b>170 Grams Butter</b>	
<b>Spray Oil</b>	

### *What to do*

- 1. Get out all required equipment**
- 2. Weigh and measure ingredients**
- 3. Spray the small muffin pan with spray oil.**
- 4. Peel the apple, cut into quarters, remove the core. Cut into small pieces.**
- 5. Place the apples, water, white sugar and ¼ teaspoon cinnamon in the saucepan, bring to the boil, then allow to simmer,**

- stirring occasionally until apples are partially cooked
6. Combine flour, oats, brown sugar, 1 teaspoon of cinnamon and  $\frac{1}{4}$  teaspoon of nutmeg into the large mixing bowl.
  7. Cut the butter into small pieces, add to the flour mixture and rub with fingertips until mixture resembles fine bread crumbs.
  8. Place a heaped tablespoon of the crust mixture into a small muffin pan and press it into the cup so that it covers the bottom and pushes up the sides of the cup. Leave enough crust mixture to sprinkle on top of the apple.
  9. Place about 2 teaspoons of the apple mixture in the crust. Sprinkle the remaining crust mixture on the top.
  10. Bake at 175° until golden brown 15-20 minutes.

**Makes approximately 24**