

Light Apple Crisp

4 cups apple slices
1 cup apple juice, 100%
1 Tbsp cinnamon, ground
1 cup Splenda®
2 cups oatmeal

Mix together apple juice, cinnamon, 1/2 cup Splenda®. Soak apple slices in this mixture for 20 minutes. Cook oatmeal as directed on package. Stir in 1/2 cup Splenda to cooked oatmeal and set aside. Place apple mixture in the bottom of a baking dish, top with oatmeal. Bake for 20 minutes at 350 degrees F or until oatmeal is crisp. Makes 12 servings.

Nutritional information per serving: 83 calories, 2 grams protein, 1 gram fat, 20 grams carbohydrate.