

## **Sugar Free Apple Crisp**

4 cups sliced tart apples (about 4 medium)

$\frac{3}{4}$  cup Splenda®

$\frac{1}{2}$  cup flour

$\frac{1}{2}$  cup oats

$\frac{3}{4}$  teaspoon ground cinnamon

$\frac{3}{4}$  teaspoon ground nutmeg

$\frac{1}{3}$  cup margarine or butter, softened

Heat oven to 375 degrees F. Arrange apples in greased 8 x 8 x 2 inch pan. Mix the remaining ingredients and sprinkle over apples. Bake until golden brown and apples are tender, about 30 minutes. Serve warm with a dollop of sugar free Cool Whip®. Makes 6 servings.

Nutrition information per serving: 217 calories, 2 grams protein, 11 grams fat, 42 grams carbohydrate, 93 mg sodium.