



PEANUT BUTTER APPLE CRISP

Ingredients:

Crisp Ingredients:

- 1 cups oats
- 1 cup sugar (brown or white)
- 1 cup flour
- 1/2 cup melted butter
- 2 teaspoon cinnamon (optional)
- ½ teaspoon salt

Filling Ingredients:

- 10 cups apples peeled and sliced
- 1 cup sugar (brown or white)
- 2 tablespoons corn starch
- 1 cup water
- 2 tsp vanilla extract
- 3/4 cup creamy or crunchy peanut putter
- Non stick spray

Directions

1. Preheat oven to 350F
2. In a medium bowl mix the crisp ingredients until a slight crumble forms.
3. Peel and slice apples and place in a large bowl.
4. In a medium sauce pan over medium heat whisk together the sugar, corn starch, water, vanilla, and peanut until thoroughly mixed. Pour the mixture over the apples and stie until apples are coated.
5. With the non stick spray or oil lightly coat a 9x13 pan and add the apple mixture
6. Top apples evenly with crisp/crumble mixture and bake for about 1 hour or until the middle of the crisp reach 200F and starts to bubble around the edges.
7. Let cool for 20-25mins and enjoy

Find more online at: www.gcfb.org/recipes_resources

PEANUT BUTTER PANCAKES

Materials

9x13 pan
2 Large bowls
Knife
Measuring cups
Measuring spoons
Spatula
Whisk

Nutrition

Peanut butter is an inexpensive form of plant based protein

Great way to introduce fruit and grains in your meals for kids

Contains: Protein, Dairy, Grains, and Fruit

Chef's Tips

Healthy snack for both children and adults!

Cut and then freeze leftover crips and reheat in in the microwave.

You can also add nuts as topping or yogurt.