**EXTRA FIBER APPLE CRISP**

**HEALTH CONCERN: COLON CANCER**

**Ingredients:**

5 apples, washed and diced (leave the peel on!)

3 Tbsp. sugar

½ c. rolled oats

½ c. brown sugar

¼ c. flour

3 Tbsp. wheat germ

¼ tsp. cinnamon

¼ c. butter, softened

¼ c. nuts, chopped

**Directions:**

1. Preheat the oven to 375°.
2. Place cut fruit into a 9 x 13 pan. Toss with sugar.
3. For topping, combine all the remaining ingredients. Cut butter in until it makes crumbs (hint: use the pastry blender).
4. Sprinkle topping on top of fruit and bake for 35 minutes.