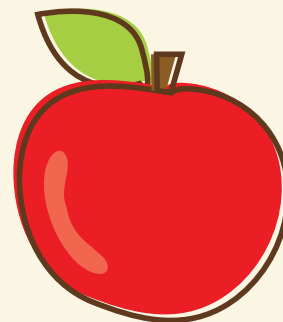


Lift-Off!'s Apple Yumble Crumble

Ingredients:

- 4 cups peeled, cored, and sliced apples
(about 6 medium apples)
- vegetable oil spray
- ½ cup light brown sugar
- ½ cup flour
- ¾ cup rolled oats
- ¾ teaspoon cinnamon
- ¾ teaspoon nutmeg
- 2 tbsp I Can't Believe It's Not Butter® Spray



Instructions:

Heat oven to 350°F. Spray a 8-inch square pan with vegetable spray. Place apples in pan. Blend brown sugar, flour, oats, spices, and “butter spray” together until crumbly. Spread over apples. Bake for 35 minutes, until topping is golden brown.

Special Parents' Tip:

If time is limited, you may substitute canned apples packed in natural juices for fresh apples.

Serves: 6 people

Nutrition Information for one serving using fresh apples: 200 calories, 1 g fat, 0 sat fat, 10 mg sodium, 4 g fiber.



LIFT-OFF!