

Light Apple Dessert

6 apples (sliced)

1/2 teaspoon cinnamon

1/8 teaspoon salt

1 Tablespoon lemon juice

3/4 cup brown sugar

1/4 cup water

1/4 cup all purpose flour

1/3 cup butter

Preheat oven to 350 degrees. Spray a quart casserole dish with cooking spray.

Peel and slice apples. Toss the apples in the cinnamon, lemon juice, salt and water. Lay them in the casserole dish.

Mix the brown sugar, flour, and butter together. Spread this over the apples and bake for 30 minutes. Serve warm.

