GFDF Apple Crisp Recipe
Seton Montessori Toddler House Favorite

Ingredients:
Gala, Fuji, or Honey Crisp Apples
Cinnamon
Pinch of salt
Oatmeal
2 – 4 Ripe bananas

Oven temp: 350 degrees

Directions:
For the apples (pears work really well too!):
1. Wash the apples.
2. Practitioner prepares the apples for the children to chop. Cut the apple core away, by holding the apple upright, and slicing down. This will leave flat edges for the child’s safety in chopping.
3. Child chops the apples and places in a mixing bowl.
4. Once all apples are chopped, demonstrate how to waft the hand to smell the cinnamon, invite the children to put pinches of the cinnamon over the apples in the bowl. Repeat with the salt. Mix.
5. Have the children scoop the apple mixture onto a greased baking sheet. (I use canola oil as the children in my class due to dairy allergies)

For the oatmeal topping:
6. On a prepared tray: Platter with 2 – 4 bananas (with a ‘crack’ at the stem), a smaller but flat-bottomed bowl, and a child-size masher. The child peels the bananas, dropping the banana into the bowl; and the peels onto the tray. Once peeled, the child carries the tray and puts the peels into the compost.
7. Next, the child mashes the bananas.
8. Have prepared: a small bowl with cinnamon, a small bowl with salt, and 2 containers with about 2 cups of oats in each. A mixing bowl. A mixing spoon for the child and for the practitioner.
9. As before, waft the cinnamon smelling, and inviting the children. Pinches of the cinnamon in the bowl. Repeat with the salt. Mix.
10. Assist if needed in holding the mashed banana bowl, but the child scraps the mash into the oatmeal.
11. Children stir the oatmeal mixture, taking turns.
12. Demonstrate how to scoop, and plop the oatmeal topping in clumps, saying, "We’re going to put topping over all of our apples.”

The children stack and carry the baking tools and bowls to the dishwashing. The child washes the dishes. The practitioner later has to sanitize.

The practitioner places the prepared crisp into the oven. Bake for about 30 minutes at 350 degrees.