Apple Crunch
[C=Cup, T= Tablespoon, t=teaspoon]
1C oatmeal
1C whole wheat (or spelt) four
1C brown sugar
1 stick of butter (1/4 lb)
Cinnamon
4-5 apples (choose Granny, McIntosh, Rome or other NOT red delicious)

Procedure:
1. Pre-heat oven at 350°F
2. Cut pealed apples in big pieces and put on 8” round pan. Sprinkle cinnamon and a bit of sugar, and 1 T of water.
3. Mix all other ingredients together and put on top of apples. Bake for 1 hr.