

# Food.

## GRANDMA'S APPLE BROWN BETTY

Recipe by Leslie

This recipe belonged to my Grandma, she made it often. We love it, comfort food at it's best. Hope you enjoy!



READY IN: 1hr 15mins

YIELD: 1 pan

UNITS: US

### Make Half in a mini loaf pan

#### INGREDIENTS

- 10 -12 baking apples, peeled, cored and sliced **5-6 apples**
- 2 teaspoons cinnamon **1 tsp**
- 1¼ cups flour **¾ c**
- ¾ cup brown sugar **6 Tablespoons**
- ¼ lb butter **1/2 stick**

#### SYRUP

- ⅔ cup brown sugar **1/3 cup**
- ¼ cup hot water **1/4 cup**
- ½ lemon, juice of **3 tsps**

#### NUTRITION INFO

Serving Size: 1 (2489) g

Servings Per Recipe: 1

AMT. PER SERVING	% DAILY VALUE
<b>Calories: 3531.7</b>	
Calories from Fat 871 g	25 %
Total Fat 96.8 g	148 %
Saturated Fat 59.1 g	295 %
Cholesterol 244 mg	81 %
Sodium 921.5 mg	38 %
Total Carbohydrate 682.3 g	227 %
Dietary Fiber 50.8 g	202 %
Sugars 492.8 g	1971 %
Protein 22.5 g	45 %

#### DIRECTIONS

Pre-heat oven to 350 degrees.

Arrange slices in the bottom of a lightly greased 12x9 pan.

Sprinkle with cinnamon.

Mix flour and brown sugar.

Cut in butter until crumbly and set aside.

Syrup: Combine ingredients and stir well.

Drizzle half of mixture over apples.

Cover with flour mix.

Pour remaining syrup over top.

Bake at 350 for one hour.