



REG'S
KITCHEN
SEP 20
2026

Microwave Apple Crisp for One

SERVINGS: 1

PREP TIME: 10

COOKING TIME: 5 MIN

Ingredients

Apple Base

1 medium apple
1 T brown sugar
1/4 tsp cinnamon
1/4 tsp corn starch
1/2 tsp lemon juice

Crisp Topping

2 T quick cooking oatmeal
1 T flour
1 T brown sugar
1/4 tsp cinnamon
1 T unsalted butter, melted

Instructions

- **Apple base:** Peel and cut up the apple. Add the next 4 ingredients. Mix and cook in microwave for 1 minute
- **Topping:** Add all 5 ingredients together and mix
- **Sprinkle:** Add the topping onto the apple base
- **Microwave:** Cook on high for 1.5 minutes
- **Refrigerate:** Place in fridge for 2+ minutes

Tips:

- (1) Serve with ice cream
- (2) Play with the topping amounts