

# Crock Pot Apple Brown Betty

Your crock pot isn't just for cooking main dishes, I'm on a kick cooking desserts too! If you are a fan of baked apples or even just apple sauce, you'll love this take on what I call "apple brown betty". If you look up the meaning, it's still unclear who this "betty" is and why her apples were so brown. Most sources date the dish back to colonial times and confirm that the dessert is truly as American as... well, apple pie.

The flavor and composition of my apple brown betty is similar to a cobbler, so if you'd like to try this with peaches, berries or any combination of fresh fruit, give it a try and please post a comment and let us all know how it turns out. Enjoy!

6-8 medium apples, peeled, cored and sliced

1/3 cup brown sugar, packed

1 T. vanilla

1 t. cinnamon

1/4 t. nutmeg

For the crumbles—

2 cups of granola

1/2 c. sugar

1 t. cinnamon

2 t. melted butter

Put apples in crock pot first and then rest of filling ingredients. Toss together so that the apples get coated. Then, in a separate bowl, mix together crumbles ingredients

and then pour on top of apples, but do not mix. Cook on low for 3 hours. Serve a scoop of dessert with a scoop of ice cream— the warm sweetness and the cold creaminess are a delightful combination.