Apple Crisp

Ingredients:
* 6 cups fresh sliced Braeburn apples, or your favorite apple
* 1 tbsp fresh lemon juice
* 2 tbsp + 2 tsp white sugar
* 1 tbsp cornstarch
* 1 1/2 tsp ground cinnamon
* 1/3 cup ground flaxseed
* 1/4 cup brown sugar, packed
* 1/3 cup quick cooking oats

Directions:
Preheat oven to 350°. Combine apples and lemon juice in a baking dish, coated with nonstick spray, and toss gently to coat. Combine sugar, cornstarch and 1 teaspoon cinnamon. Stir with a whisk to blend. Then add cornstarch mixture to apple mixture and toss well to coat. Combine flax, remaining cinnamon, brown sugar, and oats in a separate bowl. Sprinkle evenly over apple mixture. Bake for approximately 40 minutes or until apples are tender and topping golden brown.