

HEALTHY APPLE CRISP

Preparation: 20 min | Cooking: 45-55 minutes | Servings: 8

INGREDIENTS

TOPPING:

*1/3 cup flour (can be regular, whole wheat, almond)
1/2 cup old fashioned oats
1/3 cup dark brown sugar
1/2 cup raw
chopped pecans or walnuts
1/4 teaspoon cinnamon
1/4 teaspoon salt
1/4 cup cold butter, cut into very small cubes*

FOR CRISP:

*5-6 medium apples, peeled, cored and thinly sliced
1/3 cup maple syrup
1 teaspoon cinnamon
Pinch of nutmeg
1 tablespoon vanilla extract*



INSTRUCTIONS

Preheat the oven to 350 degrees Fahrenheit. Generously grease an 8x8 baking pan with nonstick cooking spray. Set aside. Next, begin making the topping. Combine the flour, oats, brown sugar, cinnamon, salt and nuts in a large bowl. Add in the cubes of butter, using your hands to squeeze and combine the ingredients until the mixture becomes crumbly and resembles wet sand. Place the bowl in fridge while you make the filling. Add the apples, maple syrup, cinnamon, nutmeg and vanilla in another large bowl, and toss to combine. Allow the mixture to sit for 5-10 minutes. Then, toss 1/3 cup of the topping mixture in with the apple mixture. Pour the new mixture into the prepared pan and sprinkle evenly with the remaining topping. Bake the crisp on a baking sheet for 45-55 minutes until topping is golden brown and filling is bubbling. Lastly, remove the dish from oven and let it cool for 10 minutes on a wire rack. Serve it warm with vanilla ice cream.