



LIGHTER APPLE CRISP

Craving something sweet? Look no further! Enjoy this lighter version of a dessert crisp filled with sweet apples, flavored with spices, and crumbly oat topping.

Yield: 6 servings

Serving Size: 1 portion

Ingredients:

Spiced Apples

- 2 lbs. **apples**
- 3 Tbsp **sugar**
- 1 tsp **cinnamon**
- 1 Tbsp **all-purpose flour**
- 1/4 tsp ground **ginger**
- 1/8 tsp ground **cloves**
- 1/2 tsp **vanilla extract**

Oat Topping

- 1/4 cup **all-purpose flour**
- 1/3 cup rolled **oats**
- 1/2 cup **brown sugar**
- 1/4 cup **butter**, room temperature
- 1/8 tsp **salt**
- 1/4 tsp **cinnamon**

Instructions:

1. Preheat the oven to 350°F. Core and cut apples into cubes. Place the cubed apples in a large bowl.
2. In a small bowl, combine the sugar, flour, cinnamon, ground ginger, and ground cloves to season the apples. Sprinkle the mixture over the sliced apples and drizzle the vanilla extract over top. Stir the apples until they're evenly coated in spices and spread evenly into a prepared baking dish.
3. Next, make the oat topping. In a medium bowl, stir together the flour, oats, brown sugar, salt, and cinnamon. Cut the butter into chunks and then use your hands to work it into the oat mixture until it is crumbly and appears sort of damp.
4. Sprinkle the crumbly oat mixture over the seasoned apples. Transfer to the oven and bake for 45 minutes. Serve hot.

Optional to serve with ice cream or whipped cream on top.

Per Serving: Calories 230, Carbohydrates 39.5g, Protein 1.5, Saturated Fat 4.9g, Sodium 55.2 mg, Fiber 2.4, Sugars 28.8g

This recipe was adapted from budgetbytes.com

