

# Fall Spiced Apple Crisp

*This simple dessert puts a healthy twist on a holiday favorite! This will be the dish your family, friends, and neighbors request at their gatherings when Fall rolls around.*

YIELD	PREP TIME	TOTAL TIME
4 SERVINGS	15 MIN	55 MIN

## INGREDIENTS

*For the Apple Filling:*

2 each	Apples, chopped (any variety)
1 ½ tsp	Pumpkin Pie Spice
1 Tbsp	Maple Syrup
½ tsp	Lemon Juice
½ tsp	Vanilla Extract
¼ tsp	Cornstarch

*For the Oat Topping:*

½ cup	Old Fashioned Oats (or Rolled Oats)
1 tsp	Pumpkin Pie Spice
¼ cup	Canola oil
¼ cup	Pecans, chopped
1 ½ tsp	Maple Syrup
⅛ tsp	Kosher salt



## CHEF'S NOTES

Nuts are a great source of Omega 3's, which are necessary for your brain to thrive! Mix up the type of nuts added to the oat topping to boost the texture and nutrition of this dessert. Apples are typically available year-round, so check out your local farmers market or grocery store to see what is available. To adjust the sweetness of this dish, use a different variety of apple, we like Honeycrisp!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F. Spray and 8x8" baking dish with cooking spray, set aside.
3. In a medium bowl, combine chopped apples, pumpkin pie spice, maple syrup, lemon juice, vanilla, and cornstarch. Stir to combine then transfer to prepared baking dish.
4. In a separate mixing bowl, mix topping ingredients. Sprinkle the topping over apple mixture in baking dish, pat to even it out.
6. Bake for 40 minutes, until apples are fork tender and topping is golden brown.
7. Serve warm and enjoy!

# Nutrition Facts

4 servings per container

**Serving Size** 1/2 Cup (130 g)

**Amount per serving**

**Calories** 280

**% Daily Value \***

**Total Fat 20g** 25%

Saturated Fat 1.5g 8%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 60mg** 3%

**Total Carbohydrate 26g** 10%

Dietary Fiber 4g 14%

Total Sugars 15g

Includes 0g Added Sugars 0%

**Protein 2g** 4%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 1mg 8%

Potassium 200mg 4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

