

Braised Apples with Oat Crumble



This simple recipe combines tender apples with a cinnamon spiked sauce and a nutty whole grain topping making a just sweet enough dessert full of fiber!

YIELD 6 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

For the Braised Apples:

2 Tbsp	Butter, unsalted
2 Tbsp	Brown Sugar
2 each	Apples (Honeycrisp, Gala, Fuji, or Golden Delicious), large dice
1 cup	White Wine
¼ cup	Water
2 tsp	Vanilla Extract
1 Tbsp	Cinnamon, ground
½ tsp	Nutmeg, ground
½ tsp	Ginger, ground
¼ tsp	Allspice, ground

For the Oat Crumble:

¾ cup	Old Fashioned or Rolled Oats
⅓ cup	Pecans, chopped
2 tsp	Canola Oil
1 Tbsp	Maple Syrup
1 tsp	Vanilla Extract
¼ tsp	Kosher Salt

CHEF'S NOTES

Braising is a combination cooking method that involves browning food then adding liquid to finish cooking. This method is similar to stewing, but the food is only partially covered or submerged in the cooking liquid with a braise.

We like a sweeter, crisp apple in this recipe which allows the natural sweetness to shine through. You can also try this recipe with other fruit such as berries or stone fruit like peaches, plums, or nectarines.

Use your braised fruit to top your morning oatmeal, in a yogurt parfait, or as a toast

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 375°F and line a sheet tray with parchment paper.
2. Heat a large sauté pan over medium-high heat and once hot, add the butter and brown sugar, stirring until melted and combined.
3. Add the apples and toss to coat evenly in the butter and sugar mixture. Cook until the apples are lightly browned, for about 2 - 3 minutes.
4. Add the wine, water, vanilla, and spices, stirring to combine and adding more water, as needed, until the apples are covered halfway with liquid.

5. Bring the mixture to a boil, then reduce to a simmer. Cook until the apples are fork tender and the sauce has thickened, about 12 - 14 minutes. Remove from the heat and allow to cool slightly.
6. Meanwhile, make the crumble: Add all crumble ingredients to a medium bowl and stir to combine evenly. Transfer to the prepared sheet tray and spread into an even layer.
7. Bake until lightly browned, about 6 – 8 minutes.
8. To serve, top the apples with the crumble and enjoy!

Nutrition Facts	
6 servings per container	
Serving Size	1/2 cup fruit + 1/4 cup crumble
	(177 g)
Amount per serving	
Calories	260
	% Daily Value *
Total Fat 10g	13%
Saturated Fat 2.5g	12%
<i>Trans</i> Fat 0g	
Cholesterol less than 5mg	0%
Sodium 90mg	4%
Total Carbohydrate 33g	12%
Dietary Fiber 5g	19%
Total Sugars 15g	
Includes 6g Added Sugars	13%
Protein 4g	9%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	8%
Potassium 200mg	5%
<small>*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.</small>	

Recipe adapted from *Health meets Food*, "Braised Fruit Crumble" (11/21/17)

