Vegan Apple Crisp

Source: Healthy Eating for Life for Children by Amy Lanou, PhD; recipe by Jennifer Raymond, MS, RD

Choose a tart variety of apple, such as Pippin or Granny Smith, for an especially tasty dessert.

About the Recipe

182 Calories · 3.8 g Protein · 2.9 g Fiber
Dessert

Ingredients

Makes 4-6 Servings

- 4 green apples, peeled and cored
- 3 tbsp (45 mL) lemon juice
- 1 tbsp (15 mL) sugar
- 1 tsp (5 mL) cinnamon
- 1 1/2 c (122 g) quick-cooking oats
- 3/4 c (88 g) walnuts, finely chopped
- 5 1/3 tbsp (80 mL) maple syrup
- 1 tsp (5 mL) vanilla extract
- 1/4 tsp (1.2 mL) salt

Directions

1. Spread apples in a 9-by-9-inch (23-by-23-cm) baking dish. Sprinkle with lemon juice, sugar, and cinnamon. Preheat oven to 350 F (177 C).
2. Combine oats, walnuts, maple syrup, vanilla, and salt in a bowl.
3. Stir to mix, and then spread evenly over apples.

4. Bake until apples are tender when pierced with a knife, about 35 minutes. Let stand 5-10 minutes before serving.

Nutrition Facts

Per serving (1/9 of crisp):

Calories: 182

Fat: 7.3 g

Saturated Fat: 0.8 g

Calories From Fat: 36.2%

Cholesterol: 0 mg

Protein: 3.8 g

Carbohydrate: 27.6 g

Sugar: 14.9 g

Fiber: 2.9 g

Sodium: 70 mg

Calcium: 33 mg

Iron: 1.1 mg

Vitamin C: 3.7 mg

Beta-Carotene: 11 mcg

Vitamin E: 0.2 mg