Breakfast Apple Crisp

Source: Christine Waltermyer

About the Recipe

252 Calories · 3 g Protein · 7 g Fiber
Breakfast

Ingredients

Makes 4 Servings

- 4 red apples, cored and diced
- 1 tsp (5 mL) cornstarch
- 2 tsp (10 mL) cinnamon
- 3 tbsp (38 g) sugar
- 1 c (81 g) quick oats
- 3 tbsp (45 mL) maple syrup

Directions

1. Preheat the oven to 350 F (177 C). Lightly spray a 9-inch (23-cm) glass pie plate with cooking spray.
2. Place the apples in a large bowl. Add the cornstarch, 1 tsp (5 mL) cinnamon, and sugar.
3. Stir to evenly coat all the apples. Transfer the apples to the glass pie plate.
4. In a separate bowl, combine the quick oats, 1 tsp (5 mL) cinnamon, and maple syrup.
5. Evenly spread the topping over the apples and bake for 1 hour.
6. Serve warm, room temperature, or chilled.

Nutrition Facts

Per serving (1/4 of recipe)

Calories: 253 kcal
Fat: 2 g
- **Saturated Fat:** <0.5 g
- **Calories From Fat:** 6%

Cholesterol: 0 mg
Protein: 3 g
Carbohydrates: 53 g
Sugar: 37 g
Fiber: 7 g
Sodium: 5 mg
Calcium: 50 mg
Iron: 1.2 mg
Vitamin C: 8 mg
Beta-Carotene: 61 mcg
Vitamin E: 0.5 mg