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

- green apples, peeled and cored (4)
- lemon juice (3 tbsp.)
- sugar (1 tbsp.)
- cinnamon (1 tsp.)
- quick-cooking oats (1 1/2 cups)
- finely chopped walnuts (3/4 cup)
- maple syrup (1/3 cup)
- vanilla extract (1 tsp.)
- salt (1/4 tsp.)

Directions

1. Slice apples thinly and spread in a 9"×9" baking dish. Sprinkle with lemon juice, sugar, and cinnamon. Preheat oven to 350 F.
2. Combine oats, walnuts, maple syrup, vanilla, and salt in a bowl.
3. Stir to mix, 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
- **Carbohydrates:** 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