Breakfast Apple Crisp

Source: Christine Waltermeyer

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