Breakfast Apple Crisp

Source: Christine Waltermeyer

About the Recipe

252 Calories · 3 g Protein · 7 g Fiber
Breakfast

Ingredients

Makes 4 Servings

- red apples, cored and diced (4)
- cornstarch (1 tsp.)
- cinnamon (2 tsp.)
- sugar (3 tbsp.)
- quick oats (1 cup)
- maple syrup (3 tbsp.)

Directions

1. Preheat the oven to 350 F. Lightly spray a 9-inch glass pie plate with cooking spray.
2. Place the apples in a large bowl. Add the cornstarch, 1 teaspoon of 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 teaspoon of 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**: 252  
**Protein**: 3 g  
**Carbohydrates**: 60 g  
**Sugar**: 37 g  
**Fat**: 2 g  
  - **Calories from Fat**: 6%  
**Fiber**: 7 g  
**Sodium**: 5 mg