

Whole Grain Apple Crisp with Pecan Oat Topping

Prep Time: 20 minutes **Cook Time:** 50 minutes **Yield:** 9 servings

Ingredients

Filling:

- 4 large apples, peeled and chopped into ½ inch chunks* (I did 3 Honeycrisp and 1 Granny Smith)
- 2 tbsp whole wheat flour (or all purpose)
- ¼ cup packed brown sugar
- ½ tsp cinnamon
- ⅛ tsp nutmeg
- ½ tsp vanilla extract

Topping:

- ⅔ cup old fashioned oats
- ⅓ cup whole wheat flour (or all purpose)
- ¼ cup packed brown sugar
- ⅓ cup pecans or walnuts, finely chopped
- ½ tsp cinnamon
- ¼ tsp fine sea salt
- 4 tbsp cold unsalted butter, chopped into small pieces

Instructions

1. Preheat oven to 350F and grease a pie dish
2. Filling: place apples in a medium mixing. Sprinkle with flour then add brown sugar, cinnamon, nutmeg, and vanilla. Toss to combine and dump into pie dish
3. Topping: in the same bowl you used for filling, add oats, flour, brown sugar, nuts, cinnamon, and salt. Whisk to combine.
4. Add cubed butter and use your hands to combine well (this may take a bit but it'll soften up!) until a nice uniform dough forms with the butter all distributed. Sprinkle topping evenly over the apples.
5. Bake for 50-60 minutes. (You want the apples to be tender.). Allow crisp to cool on a wire rack for 10 minutes before serving.



Source: <https://www.hummusapien.com/healthy-apple-crisp/>

Nutrition Facts:

Calories: 216, Total fat: 8 grams, Saturated Fat: 4 grams, Total carbohydrate: 35 grams, Sugars: 21 grams, Calcium: 27 mg, Sodium: 70 mg, Fiber: 4 grams, Protein: 2 grams

Note: This recipe contains oats and nuts, both of which are good sources of phosphorus and magnesium. For example, 1 cup of oats contains approximately 180 mg of phosphorus (25% of recommendation) and 177 mg of magnesium (40% of recommendation).