

Apple Crisp

Makes 9 servings

Choose a tart variety of apple, such as Pippin or Granny Smith, for an especially tasty dessert. For a special treat, top it with vanilla non-dairy "ice cream".

4 green apples, peeled and cored
3 tablespoons lemon juice
1 tablespoon sugar
1 teaspoon cinnamon
1 1/2 cups quick-cooking oats
3/4 cup finely chopped walnuts
1/3 cup maple syrup
1 teaspoon vanilla extract
1/4 teaspoon salt

Slice apples thinly and spread in a 9"×9" baking dish. Sprinkle with lemon juice, sugar, and cinnamon.

Preheat oven to 350°F.

Combine oats, walnuts, maple syrup, vanilla, and salt in a bowl. Stir to mix, then spread evenly over apples.

Bake until apples are tender when pierced with a knife, about 35 minutes. Let stand 5 to 10 minutes before serving.

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