

# Apple Crumble

Servings: 8

## Ingredients:

### Topping:

- 1 cup oat flour
- ¼ cup whole rolled oats
- ½ tsp. salt
- 2 Tbl. canola oil
- ¼ cup maple syrup

### Fruit:

- 2 Tbl. maple syrup
- 2 tsp. vanilla
- 1 tsp. cinnamom
- 7 cups sliced (or diced) apples



## Directions:

1. Preheat oven to 350° F.
2. Mix together the ingredients for the topping and set aside.
3. Spray a baking dish (~8x12 Pyrex) with cooking spray.
4. In a large bowl toss apples with 2 Tbl. maple syrup, cinnamon and vanilla; spread evenly in baking dish.
5. Distribute dollops (about Tbl. each) of topping evenly over top of apples.
6. Cover and bake 45 minutes; uncover and bake 15 additional minutes to crisp topping.

## Nutrition:

 (Serving size: 1/8<sup>th</sup> recipe)

calories: 176  
sugars: 18.8g

protein: 2.6g  
sodium: 147mg

total carbohydrate: 32g  
dietary fiber: 2.9g

total fat: 4.7g  
saturated fat: 0g