

## Healthy Apple Crisp

### Ingredients

#### For the topping:

1/3 cup whole wheat pastry flour (all-purpose flour, gluten free oat flour or almond flour)

½ cup old fashioned rolled oats, gluten free if desired

1/3 cup dark brown sugar (can also substitute coconut sugar)

½ cup raw chopped pecans

¼ teaspoon cinnamon

¼ teaspoon salt

¼ cup cold butter or vegan buttery stick, cut into very small cubes (can also use coconut oil)

#### For the crisp:

5-6 medium Honeycrisp or Granny Smith apples, peeled, cored, and very finely sliced

1/3 cup pure maple syrup

1 teaspoon cinnamon

pinch of nutmeg

1 tablespoon bourbon (or vanilla extract)

### Instructions

1. Preheat oven to 350 degrees F. Generously grease an 8X8 baking pan with nonstick cooking spray. Set aside.

2. To make the topping: Combine the flour, oats, brown sugar, cinnamon, salt and pecans in a large bowl until well-combined. Add in pieces of butter and use your hands to squeeze and combine until the mixture becomes crumbly and resembles wet sand. (Alternatively, you can cut in butter with a pastry cutter, or place all of the topping ingredients in a food processor and pulse until well blended.)

3. Once finished, place topping in fridge and begin making the apple filling.

4. To make the filling: Place apples, maple syrup, cinnamon, nutmeg and bourbon (vanilla) in a large bowl and toss to combine. Allow to sit for 5-10 minutes.

5. Take 1/3 cup of the topping mixture and toss with the apple mixture in prepared pan and sprinkle evenly with topping.

6. Bake the crisp on a baking sheet (just in case the filling bubbles over) for 45-55 minutes, or until topping is golden brown and filling is bubbling. Remove from oven and cool 10 minutes on wire rack. Serve with your favorite vanilla ice cream. Makes 9 servings.

### **Recipe Notes**

**TO MAKE GLUTEN FREE:** in the topping, use certified gluten free oats and almond flour or an all-purpose gluten free flour or gluten free oat flour.

**To MAKE VEGAN:** sub a buttery vegan stick for the butter or use coconut oil.

Recipe found at [AmbitiousKitchen.com](http://AmbitiousKitchen.com)