AMERICAN · DESSERT

Healthy Apple Crisp

70 min · Serves 6 · 263 kcal a serve · Video 3:24 · How To Cook Smarter

Vegetarian

Mostly apples and oats, sweetened with about 1½ tsp of maple syrup a serve instead of a sugar-and-butter crumble, and each serve gives about 6 g of fibre.

Diet notes: Vegan if you leave out the greek yoghurt; No dairy if you leave out the greek yoghurt.

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Ingredients 11 · SERVES 6

- [ ] 1.4 L thinly sliced **apples** (about 5 medium, 700 g), skins on
- [ ] 1 tsp **ground cinnamon** for the apples + 1 tsp for the topping
- [ ] 1 tsp **vanilla extract**
- [ ] 60 ml **unsweetened applesauce** (65 g), or grate one of the apples instead
- [ ] 1 tsp **cornstarch**
- [ ] 1 tbsp **maple syrup** for the apples (optional)
- [ ] 240 ml **rolled oats** (90 g) + 60 ml ground oats or oat flour (25 g)
- [ ] 60 ml finely chopped **walnuts** (30 g)
- [ ] 2 tbsp **maple syrup** for the topping
- [ ] 2 tbsp **melted coconut oil**
- [ ] **Greek yoghurt**, a spoonful per serve, to serve (optional; or coconut whipped cream)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Halve, core and thinly slice the apples. Toss with cinnamon, vanilla, applesauce, cornstarch and the optional maple syrup. 0:41
2. Spread in a baking dish, cover with foil and bake at 180 °C for 20 minutes. 1:24
3. Meanwhile mix the oats, ground oats, walnuts, cinnamon, maple syrup and coconut oil with a fork. 1:37
4. Uncover the apples, stir, scatter the topping over without pressing it down, and bake 20–25 minutes more until golden. 2:03
5. Cool 15 minutes and serve with a spoonful of Greek yoghurt (or coconut whipped cream for a vegan version). 2:29

> **Tip** Any apples work; the cook leaves the skins on for texture and fibre. Coconut whipped cream instead of yoghurt keeps it vegan. It is also good cold from the fridge the next day.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
263 kcal 1,100 kJ	5.5 g 11% of a day	40 g 34 g net · 20 g sugars 14% of a day

FIBRE	FAT	SODIUM
5.7 g 20% of a day	10 g 4.9 g saturated 13% of a day	10 mg 0% of a day

Energy from net carbs 55% · protein 9% · fat 36%

High in (20%+ of a day) Omega-3 31%

Source of (10–19%) Selenium 14% · Magnesium 11% · Zinc 10%

Recipe and video: How To Cook Smarter (@HowToCookSmarter) on YouTube — youtube.com/watch?v=Pc2HZMPWi-M, published 27 September 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/htcs-healthy-apple-crisp