

# Breakfast Apple Crisp

Source: Christine Waltermeyer

## About the Recipe

**252 Calories · 3 g Protein · 7 g Fiber**

**Breakfast**

## Ingredients

***Makes 4 Servings***

- 4 red apples, cored and diced
- 1 tsp (5 mL) cornstarch
- 2 tsp (10 mL) cinnamon
- 3 tbsp (38 g) sugar
- 1 c (81 g) quick oats
- 3 tbsp (45 mL) maple syrup

## Directions

1. Preheat the oven to 350 F (177 C). Lightly spray a 9-inch (23-cm) glass pie plate with cooking spray.
2. Place the apples in a large bowl. Add the cornstarch, 1 tsp (5 mL) cinnamon, and sugar.
3. Stir to evenly coat all the apples. Transfer the apples to the glass pie plate.
4. In a separate bowl, combine the quick oats, 1 tsp (5 mL) cinnamon, and maple syrup.
5. Evenly spread the topping over the apples and bake for 1 hour.
6. Serve warm, room temperature, or chilled.

## Nutrition Facts

*Per serving (1/4 of recipe)*

**Calories:** 253 kcal

**Fat:** 2 g

**Saturated Fat:** <0.5 g

**Calories From Fat:** 6%

**Cholesterol:** 0 mg

**Protein:** 3 g

**Carbohydrates:** 53 g

**Sugar:** 37 g

**Fiber:** 7 g

**Sodium:** 5 mg

**Calcium:** 50 mg

**Iron:** 1.2 mg

**Vitamin C:** 8 mg

**Beta-Carotene:** 61 mcg

**Vitamin E:** 0.5 mg