

Apple-Walnut Crumble

From the Taste for Life test kitchen

30 minutes prep time | serves 6

For topping:

- 1 Tbsp vegetable oil
- 1 Tbsp xylitol or 2 tsp agave syrup
- 1 c old-fashioned oats*
- 1/2 c chopped walnuts
- Pinch of salt

For filling:

- 5 c peeled, chopped apples, such as Honeycrisp or a blend of Granny Smith and Cortlands
- 3 Tbsp xylitol or 2 Tbsp agave syrup
- 1 tsp cornstarch
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg

1. Preheat oven to 425°.
2. In a small saucepan heat oil and xylitol or agave syrup over medium heat. Add oats and sauté for approximately 10 minutes, or until oats turn golden, stirring occasionally.
3. Reduce heat to medium low. Add walnuts and sauté for an additional 3 minutes, stirring occasionally. Add pinch of salt and stir. Remove mixture from heat and set aside.
4. In a large bowl, combine apples, xylitol or agave syrup, cornstarch, and spices. Toss well to coat.
5. Place apple mixture into a glass baking dish. Sprinkle oat topping over. Bake for 25 to 30 minutes, until apples are tender.

*This dessert can be made gluten free if gluten-free oats are used.

Per serving: 314 Calories, 8 g Protein, 48 g Carbohydrates, 7 g Fiber, 11 g Total fat, 57 mg Sodium, Fair source of Vitamins B12, C, E, Calcium, Manganese