

Baked Apple Crisp

I am a sucker for sweets, but do not enjoy all the calories that come with them (especially if I want a BIG serving). This baked apple crisp is a low-calorie alternative that has less calories and sugars but still satisfies cravings. Try this alongside some Halo Top ice cream for the perfect sweet treat that will keep you on track with your health goals.

Ingredients:

4 medium	Granny smith apples
2 tbsp	Sugar-free pancake syrup
½ cup	Water
2 tbsp	Cinnamon, ground
1 cup	Oats
2 tbsp	Butter, unsalted
1 tsp	Allspice
1 tsp	Ginger
1 tsp	Cinnamon, ground

Directions:

1. Preheat oven to 350 degrees F. Wash and core gala apples, then chop apples into small pieces. Set aside.
2. In a small bowl, mix 3 tbsp water, syrup, and 2 tbsp cinnamon. Toss apples in the mixture until apples are evenly coated.
3. Pour apples into a 9x13 baking dish and spread evenly.
4. In the same mixing bowl as above, mix the rest of the water (5 tbsp), oats, and butter. Microwave for 1 minute- this will come out looking goopy. Evenly spread the oat mixture on-top of the apples.
5. Sprinkle with 1 tsp cinnamon, 1 tsp all-spice, and 1 tsp ginger.
6. Bake for 40-50 minutes or until apples are soft. Sometimes, I will cover loosely with aluminum foil to prevent burning while to apples continue to cook.
7. Served best warm!

****PRO TIP:** serve with some Halo Top ice cream!!

Nutrition Facts:

Servings: 6 servings

Serving size: 1 serving (158 g)

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Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	159 kcal	8 %
Total Fat	5 g	8 %
Saturated Fat	2.6 g	13 %
Trans Fat	0.2 g	
Cholesterol	10.2 mg	3 %
Sodium	11.9 mg	0 %
Total Carbohydrate	29.4 g	10 %
Dietary Fiber	5.8 g	23 %
Sugars	12.8 g	
Protein	2.3 g	5 %
Vitamin A	4 %	Vitamin C 10 %
Calcium	4 %	Iron 6 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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