

Apple Crisp

Serves: 9 | Prep: 20 min | Cook: 45 min

Ingredients

- 2 ½ pounds tart apples (Granny Smith)
- 2 tbsp lemon zest
- 2 tbs lemon juice (fresh)
- ⅓ cup brown sugar
- 1 tbsp cornstarch
- ½ tsp cinnamon
- ¼ tsp freshly ground nutmeg
- ¼ tsp cardamom
- 1 tsp vanilla extract
- ¼ cup unsalted butter diced into small cubes
- 1 TOPPING
- ¾ cup AP flour
- ½ cup brown sugar
- 1 ¼ cup rolled oats (NOT quick)
- ½ tsp salt
- ¾ cup unsalted cold butter cut into cubes (1 1/2 sticks)

Notes

Choose firm apples such as Granny Smith or Honey Crisp.

Nutrition

441 Calories, 60g Carbohydrate, 4g Protein, 21g Fat, 4g Fiber, 30g Sugar



Method

1. TOPPING

1. Preheat oven to 350°F. Add flour, salt, rolled oats and brown sugar to a large bowl the mix together (optional: add 1/2 tsp cinnamon)

Add the COLD cubed butter to the mixture and work together with your hands or a pastry cutter until you have a crumbly mixture and then set aside.

APPLES

1. Add the brown sugar and corn starch to a large bowl and mix together. Peel and core the apples and cut into thin slices and transfer to a bowl.

2. Squeeze about 2 tbsp lemon juice onto the apples and then drizzle with vanilla and sprinkle with cinnamon. Toss to combine.

ASSEMBLY

Add the apples to an 8x8 baking dish in a few layers. Placing a few pats of butter throughout and then top with the remaining apples.

Add the topping onto the apples and bake at 350°F for about 45 minutes or until the top is golden brown and the juices are bubbling.