

HEALTHIER APPLE CRISP

ALL YOU NEED:

Apple Mixture:

- 5 Granny Smith apples
- 1 tbsp Hy-Vee 100% pure maple syrup
- 3 tbsp water
- 2 tsp Hy-Vee cinnamon

Crumble Topping

- 1 cup old-fashioned oats
- ½ cup almond flour
- ½ cup chopped walnuts
- 1 tsp Hy-Vee cinnamon
- ¼ tsp salt
- ¼ cup Hy-Vee butter, melted



THINGS TO GRAB:

Apple Corer



Peeler



Paring Knife



That's Smart Aluminum Foil



Hy-Vee non-stick cooking spray



Large Bowl



Mixing Spoon



8" x 8" baking dish

ALL YOU DO:

1. Preheat the oven to 350 degrees.
2. Peel and core apples, then dice them into small cubes. In a large bowl, toss with maple syrup, water, and cinnamon. Pour the apple mixture into a greased 8x8 baking dish.
3. In the same bowl that you used for the apples, add oats, almond flour, nuts, cinnamon, salt, butter, and maple syrup. Stir the topping mixture together and pour into the baking dish on top of the apples.
4. Bake at 350 for 40-45 minutes or until the apples are soft. Cover the pan loosely with aluminum foil halfway through cooking to prevent over-browning.
5. Serve warm with Fairlife vanilla ice cream. ENJOY!



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