

Apple Crisp



PREPARATION TIME: 30 minutes

MAKES: 8 servings

BAKE TIME: 20 minutes

This recipe can be tripled if needed.

INGREDIENT	MEASUREMENT	METRIC
FILLING		
peeled, thinly sliced cooking apples (about 4 apples)	4 cups	440 grams
fresh lemon juice	1/4 teaspoon	1 gram
SPLENDA® No Calorie Sweetener Granular	3 tablespoons	4.5 grams
ground cinnamon	1/2 teaspoon	1 gram
TOPPING		
uncooked regular oats	1-1/3 cups	108 grams
crisp rice cereal	3/4 cup	21 grams
chopped walnuts	1 cup	120 grams
SPLENDA® No Calorie Sweetener Granular	2/3 cup	16 grams
ground cinnamon	3/4 teaspoon	2 grams
apple pie spice	1/4 teaspoon	0.5 gram
water	1/4 cup	59 grams
butter	2 tablespoons	28 grams
molasses	2 teaspoons	14 grams
orange juice	1 teaspoon	5 grams
grated orange rind	1/2 teaspoon	1 gram
vanilla extract	1/2 teaspoon	2.4 grams

FILLING DIRECTIONS

PREHEAT oven to 350° F. Spray an 8-inch square baking dish with vegetable cooking spray. Set aside.

COMBINE apple and lemon juice in a large bowl. Combine SPLENDA® Granular and cinnamon; spoon over apples, tossing gently. Spoon the mixture into a prepared pan. Set aside.

TOPPING DIRECTIONS

COMBINE oats, rice cereal, and walnuts in a large bowl; set aside.

COMBINE SPLENDA® Granular, cinnamon, apple pie spice, water, butter, molasses, orange juice, grated orange rind, and vanilla extract in a small saucepan. Cook over medium heat, whisking constantly, until mixture begins to boil (about 2 minutes). Pour over cereal mixture, stirring with a wooden spoon to coat. Spoon the topping over apples.

BAKE 20 minutes or until apples are tender and topping is lightly browned. Serve warm.

Note: A convection oven may be used but times will differ dependent on type used and number of pies placed in the oven.

NUTRITION INFORMATION PER SERVING

Serving Size: 1/8 recipe

Calories	230	Sodium	20mg
Calories from Fat	120	Total Carbohydrate	25g
Total Fat	14g	Dietary Fiber	3g
Saturated Fat	3g	Sugars	7g
Cholesterol	10mg	Protein	5g

This recipe, when compared to a traditional recipe, has a 24% reduction in calories, a 43% reduction in carbohydrates, and a 74% reduction in sugars!

DIETARY EXCHANGES

1-1/2 Starches
3 Fats

