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**APPLE CRISP**

Here’s a delicious compromise for our traditional high fat and high sugar apple crisp. This recipe is adapted from [www.diabetesfoodhub.org](http://www.diabetesfoodhub.org). It still uses a little bit of brown sugar so if you have issues with sugar, make sure you follow the portion size (1/2 cup per serving).

**Ingredients:**

* 5 large granny smith apples, peeled and sliced
* ½ cup filtered water
* ¼ cup whole wheat flour
* ¼ cup brown sugar
* ½ cup rolled oats
* 2 Tbs. grapeseed oil or organic safflower/sunflower oil
* 1 tsp. ground cinnamon
* ½ tsp. ground nutmeg
* 1 tsp. vanilla extract

**Method:**

1. Peel, core and slice your apples.
2. Preheat oven to 375 degrees F. Add ½ cup filtered water to a 9x9 inch deep pan.
3. In a small bowl, combine the brown sugar, flour, oats, oil, cinnamon, nutmeg and vanilla. Blend with a fork until crumbly.
4. Layer the apples in the pan and sprinkle the brown sugar mixture evenly over the top. Bake for 30 minutes.