

Traditional Apple Crisp



INGREDIENTS:

TOPPING:

1/3 cup whole wheat pastry flour (or whatever flour you have on hand)

1/2 cup old fashioned rolled oats

1/3 cup dark brown sugar

1/2 cup raw chopped pecans (or whichever nuts you prefer)

1/4 teaspoon cinnamon

1/4 teaspoon salt

FILLING:

1/4 cup cold butter, cut into small pieces

5 apples peeled, cored and thinly sliced

1/3 cup pure maple syrup

1 teaspoon cinnamon

Pinch of nutmeg

1 tablespoon pure vanilla extract

DIRECTIONS:

1. Preheat oven to 350. Grease an 8x8 baking pan with a nonstick cooking spray.
2. Make the topping: combine flour, oats, brown sugar, cinnamon and pecans in a large bowl. Mix well.
3. Add in butter pieces. Using your fingers (or a fork or pastry cutter) squeeze all ingredients until entire mixture becomes crumbly and feels like wet sand.
4. Once mixed and crumbly, place topping in the fridge.
5. To make filling: place apples, maple syrup, cinnamon, nutmeg and vanilla extract in a large bowl, tossing to combine. Allow mixture to sit for 10 minutes.
6. Take about 1/3 cup of the topping mixture and toss with the apple mixture. Place in the prepared baking pan. Sprinkle with remaining topping mixture.
7. Bake for 45-55 minutes, or until topping is golden brown and the filling is bubbling.
8. Remove from oven and let cool for 10 minutes.
9. Serve with vanilla ice cream. Enjoy!

Source: ambitiouskitchen.com

