

Light Apple Crisp



Servings: 4

Ingredients

- 1 teaspoon butter, cut up into tiny pieces
- 2 tablespoons brown sugar
- 2 tbsp of flour, or Gluten Free flour or oat flour if needed
- 2 teaspoons ground cinnamon
- 4 large apples - peeled, cored, and sliced
- Water to submerge apple slices in bowl
- 1-2 tbsp lemon juice

Directions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Slice apples and place in a bowl, cover with water and add 1-2 tbsp lemon juice to prevent browning
3. Mix brown sugar, cinnamon, flour and butter in a bowl.
4. Add the apple slices in and stir to evenly coat.
5. Bake in preheated oven for 25 minutes.

Endo Apple Crisp (Light)		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	121.8	
% Daily Value*		
Total Fat	1.3 g	2 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
Cholesterol	2.8 mg	1 %
Sodium	7.7 mg	0 %
Total Carbohydrate	29.3 g	11 %
Dietary Fiber	2.9 g	10 %
Total Sugars	20.8 g	
Added Sugars	4.4 g	9 %
Protein	0.9 g	
Vitamin D	0 mcg	0 %
Calcium	26.1 mg	2 %
Iron	0.5 mg	3 %
Potassium	166 mg	4 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at oronometer.com		