



460 Center Street, #6636
Moraga, CA 94570
925.788.2937
email: jill@400moms.com

www.400moms.com

NUTTY APPLE CRISP

Filling:

6 large apples, peeled, cored and sliced
3 Tablespoons orange juice
3 Tablespoons water
3 Tablespoons brown sugar
2 teaspoons all-purpose flour
½ teaspoon cinnamon

Topping:

1 cup quick-cooking oats
1 cup all-purpose flour
1 cup packed brown sugar
¼ teaspoon baking powder
¼ teaspoon baking soda
1 teaspoon cinnamon
1 cup walnuts, chopped
½ cup butter, melted

Preparation:

Preheat oven to 350°F.

Place apples in a 9 X 13-inch pan.

Mix brown sugar, flour and cinnamon together. Sprinkle over apples.

Combine orange juice and water, then pour over apples and stir until apples are well coated.

Combine oats, flour, brown sugar, baking powder, baking soda, cinnamon and walnuts.

Add melted butter and stir until crumbly. Spread evenly over apples.

Bake at 350°F for about 45 minutes.

Serve warm with light whipped cream or light vanilla bean ice cream.

Recipe by:

Jill West, RDN, an accomplished speaker, author and Registered Dietitian Nutritionist. She has a private practice in Lafayette, CA helping adults, families and student athletes achieve their health and performance goals.

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