

# Apple Crisp

## Filling

- 5 cups (about 600g) peeled & chopped **apples**
- 2 teaspoons **lemon juice**
- 1/3 cup (67g) packed light or dark **brown sugar**
- 1/3 cup (80ml) pure **maple syrup**\*
- 1 teaspoon **pure vanilla extract**
- 1 and 1/2 Tablespoons **cornstarch**
- 1 teaspoon **ground cinnamon**
- 1/4 teaspoon **ground allspice**
- 1/4 teaspoon **ground nutmeg**

## Topping

- 1/3 cup (67g) packed light or dark **brown sugar**
- 1 cup (85g) old-fashioned **whole rolled oats** (certified GF)
- 1/2 cup (50g) **almond meal** or **almond flour**\*
- 1/2 teaspoon **ground cinnamon**
- 1/8 teaspoon **salt**
- 1/3 cup (71g, or 5 Tbsp) **unsalted butter**, melted
- **optional:** 2 Tablespoons sliced or slivered almonds, vanilla ice cream (GF), pomegranate arils

## Instructions

1. Preheat oven to 350°F (177°C). Grease a **9-inch pie dish**, cake pan, or square baking pan. Set aside.
2. **Filling:** Stir all of the filling ingredients together in a large bowl. Make sure the apples are evenly coated. Spread evenly into prepared pan.
3. **Topping:** Whisk the brown sugar, oats, and almond meal together. Break up any large clumps of brown sugar. Whisk in the cinnamon and salt. Once combined, stir in the melted butter. Sprinkle topping over the apples and finish with a few slivered or sliced almonds (optional).
4. Bake for 35–40 minutes or until the filing is bubbly, the apples are a little soft, and the topping is browned. If it looks like the topping is browning too quickly, cover the top loosely with aluminum foil about halfway through baking time. Allow to cool for 5–10 minutes before serving.
5. Top with pomegranate arils, if using, and serve with vanilla ice cream.
6. Cover leftovers and store in the refrigerator for up to 5 days.

PWS: Maybe adjust the sugar to 1/4 C instead of 1/3 C.