



Apple Crisp

Where I live in New England, the fall wouldn't be fall without a heavenly baked apple dessert redolent with cinnamon and walnuts. A traditional apple pie is laden with fat and sugars, but this simple crisp fits the bill with only 2 grams of fat per serving! Indulge after a meal of lean protein such as broiled chicken, steamed fish, or tofu, and a big green salad.

Serves 10

For topping:

1 1/2 cups old-fashioned rolled oats
1/4 cup brown rice flour, soy flour, or whole-wheat pastry flour
1/4 cup chopped walnuts
1/4 cup frozen apple juice concentrate, thawed
1/4 cup unsweetened apple juice

For Filling:

3 Tablespoons raisins
1 teaspoon ground cinnamon
1/4 cup unsweetened apple juice concentrate, thawed if frozen
1 cup unsweetened apple juice
6 large, firm, tart apples, such as Cortland or Macintosh, peeled, cored, and thinly sliced

1. Preheat the oven to 350°F.
2. put raisins in a small saucepan with water to cover and simmer for 20 minutes
3. In mixing bowl, mix together the oats, rice flour, walnuts, and half of the cinnamon. Add apple juice concentrate and 1/4 cup of the apple juice and mix well.
4. In another bowl, toss the sliced apples and raisins with the remaining cinnamon, apple juice concentrate and apple juice.
5. Spread the apple mixture in an 8-inch-square baking dish. Top evenly with the oat mixture. Cover with foil, bake for 25 minutes, remove the foil and bake for about 25 minutes longer or until the apples are bubbling around the edges of the dish and the topping is crispy and golden brown
6. Let the crisp cool in the dish for about 10 minutes before serving.

Per serving: 19 grams carbohydrates, 0 grams protein, 2 grams fat

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