

DESSERT / SWEET



Warm Apple Oat Crisp with Vanilla Yogurt

Tender baked apples sit under a buttery almond-oat crumble and get finished with cool vanilla Greek yogurt.

40 min

6 servings

Dessert

sweet

310

Calories / serving

6g

Protein / serving

41g

Carbs / serving

15g

Fat / serving



Ingredients

- 1/2 cup almond flour (56 g)
- 1 cup rolled oats gluten-free (90 g)
- 1/4 cup organic coconut sugar (48 g)
- 1/2 tsp pumpkin pie spice (0.85 g)
- 5 tbsp butter (softened (ghee can also be used)) (71 g)
- 5 apples, cored, peeled, and sliced thin
- 1/4 cup whole milk greek yogurt - vanilla (56.75 g)

Method

- 1 Set the oven to 375°F (190°C).
- 2 Arrange the thin apple slices across a 9-by-9-inch baking dish.
- 3 In a mixing bowl, stir the softened butter or ghee with the pumpkin pie spice and coconut sugar, then work in the rolled oats and almond flour.
- 4 Scatter the topping evenly across the apple slices.
- 5 Bake for 25 to 30 minutes, then serve warm with the listed vanilla Greek yogurt.

RENEE'S NOTE

"Slice the apples thin and keep the pieces close in size so the filling softens evenly before the oat topping gets too dark."

RENEE'S TWEAK

Use your fingertips to pinch a few larger clusters into the oat topping before baking so the finished crisp has a mix of tender and crunchy texture.