



## Apple Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



446 kcal

DESSERT

## Ingredients

- ☐ 175 ml flour
- ☐ 250 ml brown sugar
- ☐ 80 ml butter
- ☐ 5 ml cinnamon
- ☐ 1 L apples dried
- ☐ 2 ml nutmeg
- ☐ 125 ml water

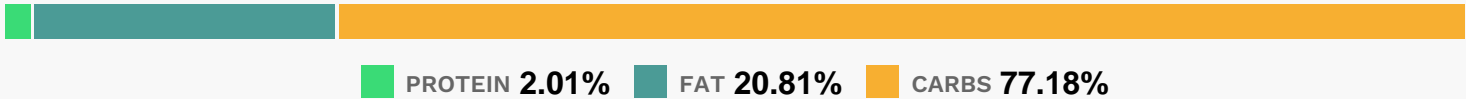
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven
- ☐ grater

## Directions

- ☐ Heat the briquettes for the Dutch oven or get your oven ready to bake at 350°F (175°C).
- ☐ Rehydrate the apples and drain them, reserving 1/2 cup (125 ml) of the apple water.
- ☐ Place the apples, brown sugar and remaining water in a greased Dutch oven or baking pan.
- ☐ Combine the topping ingredients and sprinkle it over the apples.
- ☐ Bake for 30 minutes.
- ☐ DRESS IT UP!
- ☐ Serve Carolyn's Ice Field Ice Cream if you can. Just hop on over to the nearest glacier or aufeis and whip some up. Variations! You can add rolled oats or granola if you must or fruit and nuts like cranberries and almonds. I like to add 1 package of freeze-dried applesauce (rehydrated) to the dried apple mixture for a 'creamier' texture. A Dutch oven is the easiest way to cook this, but if you don't have an oven, you can use a frying pan with a tight lid. Cook it over a slow fire with a little extra water and you'll get reasonable results.
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- ☐ Baker, © 2012 The Heliconia Press an imprint of Fox Chapel Publishing

## Nutrition Facts



## Properties

Glycemic Index:38.17, Glycemic Load:18.64, Inflammation Score:-3, Nutrition Score:6.7413043664849%

## Nutrients (% of daily need)

Calories: 446.08kcal (22.3%), Fat: 10.85g (16.69%), Saturated Fat: 6.72g (42%), Carbohydrates: 90.54g (30.18%),  
Net Carbohydrates: 84.34g (30.67%), Sugar: 72.4g (80.44%), Cholesterol: 27.5mg (9.17%), Sodium: 147.3mg (6.4%),  
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.73%), Fiber: 6.2g (24.79%), Manganese: 0.34mg  
(16.98%), Iron: 1.92mg (10.67%), Vitamin B2: 0.18mg (10.43%), Potassium: 348.47mg (9.96%), Selenium: 6.64µg  
(9.48%), Copper: 0.17mg (8.28%), Vitamin B1: 0.12mg (8.2%), Vitamin B3: 1.53mg (7.67%), Folate: 29.27µg (7.32%),  
Vitamin A: 322.49IU (6.45%), Calcium: 55.61mg (5.56%), Vitamin B6: 0.1mg (5.03%), Phosphorus: 45.53mg (4.55%),  
Magnesium: 18.14mg (4.54%), Vitamin E: 0.65mg (4.31%), Vitamin C: 2.4mg (2.91%), Vitamin K: 3.02µg (2.88%),  
Vitamin B5: 0.28mg (2.84%), Zinc: 0.28mg (1.84%)