



Gluten-Free Birthday Breakfast Crisp



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



9

CALORIES



191 kcal

DESSERT

Ingredients

- ☐ 5 apples
- ☐ 6 Tablespoons brown sugar packed (up to) (I used just 6, but you may want more)
- ☐ 0.8 Teaspoon ground cinnamon
- ☐ 1 Tablespoon maple syrup pure
- ☐ 0.3 cup butter softened () (I used coconut oil, but margarine would probably taste best)
- ☐ 1.5 cups rolled oats gluten-free for (use certified oats)
- ☐ 1 pinch salt

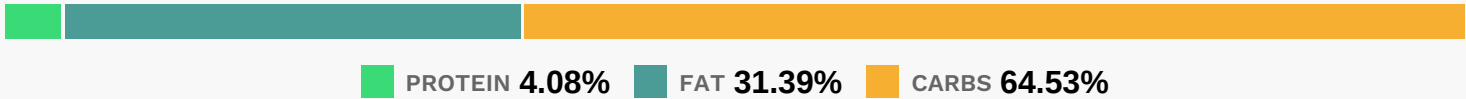
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat your oven to 375°.
- ☐ Place 3/4 cup of the rolled oats in your spice grinder (you may need to do this in two batches), and blend the oats for 30 seconds or so, or until they turn into a fine powder or flour.In a medium-sized bowl, combine your freshly processed oat flour with the remaining rolled oats, brown sugar, cinnamon, and salt.
- ☐ Add the maple syrup and the margarine or oil, and cut everything together until large crumbs form. If the mixture is too wet, add some more oats or brown sugar ... to your liking.Slice or chop the apples (I leave the peel on for more fiber) and place the apples in an 8- or 9-inch square baking dish.
- ☐ Sprinkle the crumble mixture over top of the apples, and bake for 35 minutes, or until the apples are nice and soft and the crisp is crispy (but not burnt of course!).

Nutrition Facts



Properties

Glycemic Index:15.06, Glycemic Load:7.36, Inflammation Score:-2, Nutrition Score:4.9269565032876%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 7.61mg, Epicatechin: 7.61mg, Epicatechin: 7.61mg, Epicatechin: 7.61mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

Nutrients (% of daily need)

Calories: 191.05kcal (9.55%), Fat: 7.06g (10.86%), Saturated Fat: 5.17g (32.34%), Carbohydrates: 32.63g (10.88%), Net Carbohydrates: 28.75g (10.46%), Sugar: 19.74g (21.94%), Cholesterol: 0mg (0%), Sodium: 8.59mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.13%), Manganese: 0.61mg (30.56%), Fiber: 3.88g (15.52%), Phosphorus: 66.95mg (6.7%), Magnesium: 24.99mg (6.25%), Selenium: 4.01µg (5.72%), Vitamin C: 4.66mg (5.65%), Vitamin B1: 0.08mg (5.39%), Potassium: 173.47mg (4.96%), Vitamin B2: 0.08mg (4.44%), Iron: 0.77mg (4.29%), Copper: 0.08mg (4.22%), Zinc: 0.55mg (3.7%), Vitamin B6: 0.06mg (2.93%), Vitamin K: 2.58µg (2.46%), Calcium: 23.89mg (2.39%), Vitamin B5: 0.22mg (2.24%), Folate: 7.45µg (1.86%), Vitamin E: 0.25mg (1.66%), Vitamin B3: 0.26mg (1.28%), Vitamin A: 55.09IU (1.1%)