



WHATSheATE



Oatmeal Cookie Apple Crisp



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



9

CALORIES



226 kcal

DESSERT

Ingredients

- ☐ 5 cups apples diced peeled () (see note below on apples)
- ☐ 0.8 cup brown sugar
- ☐ 0.3 cup coconut oil (see note in post above)
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons maple syrup
- ☐ 1 cup oats gluten-free (use certified oats if needed)
- ☐ 0.5 cup raisins
- ☐ 0.1 teaspoon salt

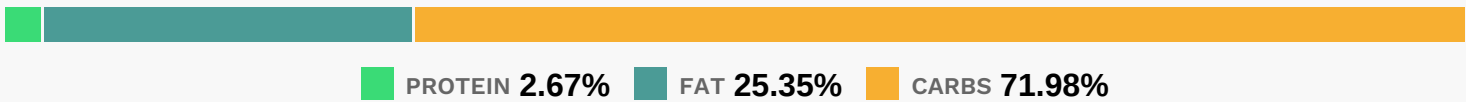
Equipment

- ☐ food processor
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat your oven to 350°F.
- ☐ Place the apples in an 8×8-inch baking dish. Toss with the raisins, maple syrup, and cinnamon, to coat. Shake the pan down lightly to even out the apples.
- ☐ Place the oats in your spice grinder or food processor and pulse 5 or 6 times to break them up a bit. You should end up with a mix of oat flour and cut oats.
- ☐ Combine the slightly ground oats, brown sugar, and salt in a mixing bowl.
- ☐ Add the margarine, oil, or shortening, and mash it all together with a fork until the ingredients are well mixed and coarse crumbs form.
- ☐ Sprinkle the oat mixture (see notes below) evenly over the apples, and bake for 30 to 45 minutes, or until it reaches your desired degree of doneness. My husband likes the apples really soft and the topping crispy, so we do 45 minutes in a convection oven, but it will technically be cooked at 30 minutes.

Nutrition Facts



Properties

Glycemic Index:21.59, Glycemic Load:9.11, Inflammation Score:-1, Nutrition Score:4.3169564734335%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.23mg, Epicatechin: 5.23mg, Epicatechin: 5.23mg, Epicatechin: 5.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 226.48kcal (11.32%), Fat: 6.75g (10.39%), Saturated Fat: 5.13g (32.06%), Carbohydrates: 43.12g (14.37%), Net Carbohydrates: 39.94g (14.52%), Sugar: 27.76g (30.84%), Cholesterol: 0mg (0%), Sodium: 41.33mg (1.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Manganese: 0.51mg (25.31%), Fiber: 3.18g (12.73%), Vitamin B2: 0.1mg (6.07%), Potassium: 208.25mg (5.95%), Magnesium: 20.97mg (5.24%), Phosphorus: 51.42mg (5.14%), Iron: 0.82mg (4.57%), Vitamin C: 3.63mg (4.4%), Copper: 0.09mg (4.37%), Vitamin B1: 0.07mg (4.35%), Selenium: 2.88µg (4.11%), Calcium: 32.36mg (3.24%), Vitamin B6: 0.06mg (3.02%), Zinc: 0.41mg (2.73%), Vitamin B5: 0.17mg (1.71%), Vitamin K: 1.78µg (1.69%), Vitamin B3: 0.28mg (1.4%), Folate: 5.4µg (1.35%), Vitamin E: 0.17mg (1.15%)