

Apple Crisp (with Gluten-free and Vegan Options)

Serves: 9

INGREDIENTS

Original ingredients

6 medium apples, peeled, cored, and sliced ¼- to ½-inch (6- to 12-millimeters) thick*

2 tablespoons (30 milliliters) granulated sugar

½ teaspoon (2.5 milliliters) ground cinnamon

Juice of 1 lemon

Pinch of salt

Crisp topping

½ cup (120 milliliters) packed brown sugar

¾ cup (180 milliliters) old-fashioned oats

¾ cup (180 milliliters) all-purpose flour (see gluten-free substitution, below)

¼ cup (60 milliliters) chopped pecans

1 teaspoon (5 milliliters) ground cinnamon

Pinch of salt

⅓ cup (80 milliliters) cold butter (use vegan butter or coconut oil to make the recipe vegan/100% plant-based)



Apples were chosen for this recipe for seasonality and accessibility, but you can substitute whichever fresh fruit is in season. The amounts of sugar and butter/fat are significantly reduced in this recipe compared with standard recipes, yet it is utterly delicious. Including pecans and plenty of cinnamon, as well as prioritizing the brown (more flavorful) sugar over the white sugar when reducing sugar in the recipe helps to ensure it remains flavorful.

INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. Toss sliced apples with granulated sugar, ½ teaspoon (2.5 milliliters) cinnamon, lemon juice, and a pinch of salt in a medium bowl; pour into a 9-inch (23-cm) square baking dish that has been greased or sprayed with nonstick spray.
3. Crisp Topping: Mix brown sugar, oats, flour (or gluten-free substitute; see below), pecans, 1 teaspoon (5 milliliters) cinnamon, and a pinch of salt in a separate bowl. Use a pastry cutter, two forks, or your fingers to mash cold butter (or vegan substitution) into the oat mixture until the pieces are pea-sized or smaller. Spread evenly over the apples and pat down gently.
4. Bake until golden brown and sides are bubbling, about 40 minutes.
5. Cool on a cooling rack at least 15 minutes before serving. If cooking ahead, cool to room temperature before covering. This can sit out for 2 days or be refrigerated for 7 days.

NOTES

- Gluten-free version: To make gluten-free or whole grain, add 1¼ cups of oats to the food processor and process until it is the consistency of flour (or close to it). Remove from the food processor and measure out ¾ cup to use as a replacement for the all-purpose flour. You can also replace the all-purpose flour with a commercially available gluten-free flour substitute; however, this will not be whole grain typically.
- Vegan version: Substitute either vegan butter or coconut oil for the butter.
- *For the best texture, you can use all Braeburn or Honey Crisp apples OR a combination of tart plus soft, sweet apples. An example of a tart apple is Granny Smith. Examples of softer, sweet apples are Gala or Golden Delicious. Tart apples don't tend to break down enough and softer, sweet apples tend to break down more than one would like during cooking; the combination yields a nice balance. You can also leave the peels on, if you prefer, for extra fiber and texture. It is creamier and more traditional without peels.
- If doubling the recipe, use a 13 x 9-inch (33 x 23-centimeter) baking dish and cook for about 60 minutes, or until crisp is golden and sides are bubbling.
- Great served with fresh berries or warm with vanilla ice cream.

Nutritional Info (per ⅓ recipe, made with vegan butter): Calories 261, Total Fat 11 g, Saturated Fat 7.3 g, Cholesterol 0 mg, Sodium 68.7 mg, Total Carbohydrate 41.3 g, Dietary Fiber 4.5 g, Sugars 23.6 g, Protein 2.7 g, Vitamin A 0%, Vitamin C 15%, Calcium 3%, Iron 6%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.
