

STOVETOP *Apple Crisp*

PREP
5 min

COOK
12 min

TOTAL
17 min

YIELD
4 servings

Ingredients

2½ tablespoons unsalted butter or coconut oil
⅓ cup chopped pecans
⅓ cup rolled oats
2 tablespoons brown sugar
⅛ teaspoon fine sea salt
2 tart apples, such as Granny Smith, Winesap, or Pink Lady, sliced into wedges (about 4 cups)
1 tablespoon granulated sugar
1 tablespoon fresh lemon juice
1 teaspoon cinnamon

Directions

- 1** Line a plate with parchment paper. Set aside.
- 2** Melt 2 tablespoons of butter or oil in a pan over medium heat. Stir in pecans, oats, brown sugar, and salt. Cook until mixture begins to brown, about 5 minutes.
- 3** When topping is done cooking, transfer to a parchment-lined plate.
- 4** Melt another ½ tablespoon butter or oil over medium heat. Sauté apples for 5 minutes, until soft. Stir in sugar, lemon juice, and cinnamon; simmer 2 minutes. Top with oat mixture and serve warm.

Nutrition Facts: 253 calories, 15g fat, 5g saturated fat, 142mg sodium, 29g carbohydrate, 5g fiber, 28g sugar, 3g protein