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# Healthified Apple Crisp

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

## Ingredients

6 medium apple(s), cooking  
1/4 cup(s) frozen apple juice concentrate  
1/2 teaspoon cinnamon, ground  
3/4 cup(s) oats, old-fashioned  
1/4 cup(s) flour, whole-wheat  
1/3 cup(s) sugar, brown (packed)  
1/4 cup(s) butter  
1/2 teaspoon cinnamon, ground  
1/4 teaspoon ginger, ground  
ice cream, light, vanilla  
cooking spray

## Preparation

1. Heat oven to 375°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In medium bowl, mix apples, apple juice concentrate and 1/2 teaspoon cinnamon until well mixed. Spread in baking dish.
2. In same medium bowl, mix remaining ingredients until crumbly. Sprinkle over apples.
3. Bake uncovered 25 to 35 minutes or until apples are tender and topping is golden brown. Serve with ice cream.



### Quick Info:

8 Servings

Contains Wheat/Gluten

Contains Dairy

GERD-Friendly

### Nutritional Info (Per serving):

Calories: 190, Saturated Fat: 4g, Sodium: 45mg, Dietary Fiber: 3g, Total Fat: 6g, Carbs: 32g, Cholesterol: 15mg, Protein: 2g

**Exchanges:** Fruit: 0.5, Starch: 1, Other Carb: 0.5, Fat: 1

Carb Choices: 2

Recipe Source:



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