HEALTHY APPLE CRISP RECIPE WITH OATMEAL



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This healthier apple crisp has all the traditional ingredients including apples, brown sugar, and cinnamon, but with less sugar, whole wheat instead of white flour, and the addition of walnuts.

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Healthy Apple Crisp Recipe Taste of Home

Directions. Toss apples with sugar, flour, lemon juice and cinnamon. Transfer to a greased microwave-safe 9-in. deep-dish pie plate. Mix first four topping ingredients.

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Apple Oatmeal Crisp Recipe Allrecipes com

This is hands down my favorite apple crisp recipe! I like that there is one bowl and no cutting in required with the butter. My son is 4 and he loves to help in the kitchen, this is exactly the I like that there is one bowl and no cutting in required with the butter.

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Lightened Up Apple Crisp Recipe SparkRecipes

Submitted by: JLCROMP Introduction This healthy apple crisp recipe is sweet and simple to prepare but uses very little added sugar. This healthy apple crisp recipe is sweet and simple to prepare but uses very little added sugar.

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Apple Crisp with Gluten Free Oatmeal Topping healthy

Another of my favorite desserts is my apple bake with oatmeal topping. A few weeks ago we had our friends next door over for Palm Sunday dinner. I made this apple bake and it was a huge hit! Everyone went back for seconds and some even for thirds. You'll want to snag this free recipe for yourself!

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Best Ever Healthy Apple Crisp Healthy Liv

This healthy apple crisp is loaded with cinnamon apples and sweet crumbly topping. It s free of refined sugar (and has just a touch of maple syrup, although you can sub honey), but you d never know it.

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The Ultimate Healthy Apple Crumble Recipe Video Amy's

After lots of testing, I finally created this recipe for the Ultimate Healthy Apple Crumble in honor of her, and with its warm cinnamon flavors and irresistible oat streusel, I think she d even say it was better than that original one she baked many years ago.

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Healthy Apple Crisp Healthier Steps

It was so easy to prepare this healthy apple crisp recipe, I peeled and chopped the apples, tossed with maple syrup, tapioca starch (to thicken the apple juice), and spices. I then place filling in a prepared baking dish and topped with oatmeal and almond meal mixture.

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