



# Healthy Apple Crumble

*When you're craving something sweet but don't want to overindulge, this apple crumble is the perfect way to whip up a healthy dessert that will satisfy any sweet tooth! This recipe even sneaks in 6 g of fibre and has no trans or saturated fats. This apple crumble is easy to make and uses minimal ingredients for a delicious dessert.*

Prep: 15 minutes • Total: 45 minutes

## Ingredients:

Macintosh apples	6 each	6 each
Cinnamon	½ tsp	2 mL
Rolled oats	¼ cup	60 mL
Brown sugar	¼ cup	60 mL
Flour	¼ cup	60 mL
Nutmeg	¼ tsp	1 mL

## Directions:

1. Preheat the oven to 375 °F.
2. Spray a 10 x 10 pan with non-stick cooking oil.
3. Peel, slice, and core the apples. Layer them into the baking pan.
4. Combine the remaining ingredients in a bowl and mix until the ingredients resemble crumbs.
5. Sprinkle the crumble topping to cover the apples.
6. Bake for 30 minutes until the apples are tender.

## Nutrition Facts

Serving Size (171g)

Servings Per Container

Amount Per Serving

**Calories 140**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 37g**      **12%**

Dietary Fiber 6g      **24%**

Sugars 24g

**Protein 1g**

Vitamin A 2%      • Vitamin C 8%

Calcium 0%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*Adapted from: Jamie Oliver's recipes*

Makes 6 servings (171 g / serving) • 1 serving = ⅓ recipe

**Prepared By:** Jennifer Broxterman, Registered Dietitian & Joyce Ho, BScH Foods & Nutrition student  
**NutritionRx • Email:** info@nutritionrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca