Apple Crisp

From: **Pulse Canada**

Ingredient List

	FRUIT	
5	large Granny Smith apples	**5**
	Zest and juice of 1 lemon	
2 tbsp	sugar	**30 mL**
1 tsp	vanilla extract	**5 mL**
	TOPPING	
1/2 c	chickpea (garbanzo) flour*	**125 mL**
3 tbsp	packed brown sugar	**45 mL**
3 tbsp	garnulated sugar	**45 mL**
1/4 c	chopped walnuts (optional)	**50 mL**
1/2 tsp	cinnamon	**2 mL**
1/4 tsp	ground nutmeg	**1 mL**
1/8 tsp	ground cloves	**dash**
1/8 tsp	table salt	**dash**
6 tbsp	unsalted butter or buttery spread	**90 mL**
1 c	vanilla ice cream (optional)	**250 mL**

*The pea flour can be replaced with white bean flour, or other flours.

Nutrition Facts

1/6 of pan

Amount	% Daily Value
Energy 247 kcal	
Fat 12 g	18%
Saturated Fat 7 g	35%
Sodium 54 mg	2%
Carbohydrates 30 g	10%
Fibre 3 g	12%
Potassium 209 mg	6%
Protein 2 g	
Folate	25 mcg
Calcium	22 mg
Iron	1 mg

Directions

PREPARATION TIME: 15 MIN. / BAKING TIME: 40 TO 45 MIN.

1. Place a rack in the middle of the oven. Preheat the oven to 350ºF (180ºC). Coat an 8x8-inch (glass or ceramic) baking dish with cooking spray.

2. Peel, core and thinly slice the apples. In a large bowl, toss the apples with the lemon zest and juice, sugar and vanilla. Place in the baking dish.

3. In the same bowl, whisk the chickpea flour, brown sugar, granulated sugar, walnuts (if desired), cinnamon, nutmeg, cloves and salt with a whisk until blended. Cut in the butter with a fork until the mixture forms small clumps and sprinkle evenly over the apples.

4. Bake 40 to 45 minutes or until the topping is crisp and browned. Serve warm, with vanilla ice cream.

Makes 6 servings