

APPLE CRUMBLE

See notes below the recipe for a variety of healthier options for flour, sugar, oil & margarine

INGREDIENTS

- 1 1/2 C** One minute oatmeal
- 1 C** Brown Sugar
- 3/4 C** Flour
- 4 oz** Applesauce
- 21 oz cab** Apple pie filling
- 16 oz can** Whole cranberries
- Non-stick cooking spray

BAKING INSTRUCTIONS

- 1** Place the applesauce, oatmeal, sugar substitute & flour in a bowl & mix thoroughly
It's going to be more moist than a regular crumble but don't worry it will still come out good
- 2** Spray a 8 x 8 inch glass baking dish with the cooking spray making sure to spray the sides in addition to the bottom
- 3** Take about 1/2 the mix & place it in the glass dish using a spoon to press it down so it's evenly distributed
- 4** Mix the cranberries & pie filling in a separate bowl & pour over the flattened mix
- 5** Sprinkle the remaining mix over the top of the fruit & cranberry filling
- 6** Bake at 350 uncovered for an hour
- 7** Cool for at least an hour & then refrigerate for at least 4 hours before serving

FLOUR SUBSTITUTES

Coconut flour
Tapioca flour
Quinoa flour
Almond flour
Potato starch
Whole Wheat Pastry flour

SUGAR SUBSTITUTES

Splenda Sugar Blend for Baking
Maltitol
Agave
Honey
Low Cal Maple Syrup

OIL & MARGARINE SUBSTITUTES

Applesauce
Banana Puree
Prune Puree
Mango Puree
Pumpkin Puree
WonderSlim