

PUMPKIN APPLE CRISP



Serving Size: 125 g | Protein per serving: 0.7 g | Calories per serving: 244

Ingredients:

- 4 c Chopped Apples 32mg
- 1/4 c Brown Sugar 2mg
- 1 tsp Cinnamon 3mg
- 1/4 tsp Ground nutmeg 1mg
- 1/2 tsp Ginger, ground 2mg
- 1/2 tsp Salt
- 1 TBSP Cornstarch 1mg
- 1/2 c Canned Pumpkin 44mg
- 1 tsp Vanilla Extract

Crumb topping:

- 1 c Cook for Love Baking Mix 76mg
- 1/2 c Brown Sugar 4mg
- 1 tsp Cinnamon 3mg
- 1/4 tsp Salt
- 5 TBSP Butter, melted 30mg

Directions:

1. Preheat oven to 350 degrees. Spray a casserole dish with cooking spray.
2. In a large bowl add the apples, spices, cornstarch, vanilla, and pumpkin. Mix to combine and everything is well coated. Pour into prepared casserole dish.
3. Prepare crumb topping by combining the CFL baking mix, brown sugar, cinnamon, and salt. Lightly whisk to combine. Add the melted butter and use a fork to combine. This will help make the crumbs. Pour crumb mixture on top of the apple filling. Bake for 45 minutes. Use a paring knife to test the tenderness of the apples. If the knife comes out easily, remove the crisp from the oven. Allow to cool 10 minutes before serving.