



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Cinnamon Apple Crisp

Serves 8-12

Ingredients:

For the crisp:

- 1 cup old-fashioned oats
- 1 cup 100% whole wheat flour
- ½ cup packed brown sugar
- 1tsp kosher salt
- 8 TBSP chilled unsalted butter (cut into pieces)

For the filling:

- 8 apples (washed, peeled and sliced into pieces)
Cortland and Rome apples recommended
- 1 tsp ground cinnamon
- 2 TBSP white whole wheat flour
- 1 lemon, juiced



Directions:

1. Preheat oven to 350 degrees F. Grease baking dish with canola oil, cooking spray, or butter.
2. Prepare the crisp: whisk oats, flour, sugar, cinnamon, and salt in a medium bowl. Using your fingertips, work in the butter until no dry spots remain and the mixture holds together when squeezed. Cover and chill.
3. Prepare the apples: in a separate large bowl, toss the apple pieces, lemon juice, cinnamon, and flour.
4. Assemble: Transfer apple mixture to baking dish. Cover evenly with prepared crisp.
5. Bake in the oven until baked crumble is golden brown, juices are bubbling, and apple slices are tender (~30 minutes).

Nutrition Tips:

1. The apple mixture and crisp can be prepared 24 hours in advanced, then quickly assembled and baked on the day of consumption!
2. This recipe incorporates 100% whole wheat flour for more fiber, vitamins and minerals than refined white flours.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.