

Walnut Apple Crisp

Ingredients

- Nonstick cooking spray
- 3 tablespoons granulated sugar
- 2 teaspoons lemon juice
- 1 1/2 teaspoons cornstarch
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cinnamon
- 6 large baking apples, peeled (if desired) and cut into 1/2-inch wedges (10 cups)
- 1/2 cup all-purpose flour
- 1/4 cup granulated sugar
- 1/4 cup packed light brown sugar
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- Dash salt

Topping Ingredients

- 1/4 cup unsalted butter, cut into pieces
- 1/2 cup chopped walnuts
- Vanilla ice cream (optional)

Directions

1. Coat a 2- to 4-quart slow cooker with cooking spray; set aside.
2. In an extra-large bowl combine 3 tablespoons granulated sugar, lemon juice, cornstarch, ginger, and 1/4 teaspoon cinnamon. Gently stir in apples. Transfer apple mixture to the prepared cooker.
3. For topping, in a small bowl stir together flour, 1/4 cup granulated sugar, brown sugar, 1/4 teaspoon cinnamon, nutmeg, and salt. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Stir in walnuts. Sprinkle topping over apple mixture.
4. Cover and cook on low-heat setting about 4 hours or on high-heat setting about 2 hours or until apples are tender. If desired, serve with ice cream.

Nutrition Facts

240 kcal cal., 11 g fat (4 g sat. fat, 15 mg chol., 41 mg sodium, 37 g carb., 4 g fiber, 2 g pro.
Percent Daily Values are based on a 2,000 calorie diet

Notes:

I doubled the recipe, using 1/2 Granny Smith and 1/2 Honey Crisp, unpeeled, and cut the 1/2 inch wedges in half crosswise. I used freshly grated nutmeg.