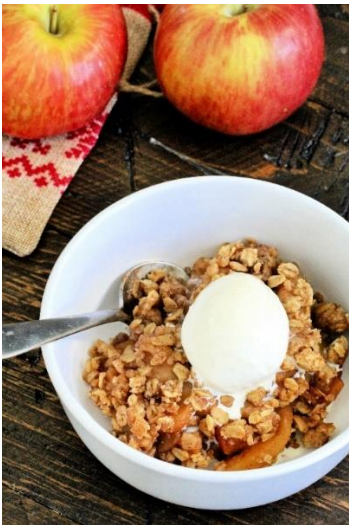


## Slow Cooker Apple Crisp



### Ingredients

#### *Filling*

6 large or 8 medium apples, sliced 1/4-inch thick (8 cups)  
1 tbsp lemon juice  
1/3 cup packed brown sugar  
2 tbsp cornstarch  
2 tsp cinnamon  
1/4 tsp nutmeg  
Pinch of salt

#### *Topping*

1 cup old-fashioned oats (can use certified gluten-free oats)  
1/2 cup flour  
1/4 cup packed brown sugar  
1/2 tsp cinnamon  
Pinch of salt  
5 tbsp melted butter (can substitute coconut oil)

### Preparation

1. Coat the insert of a 6-quart or larger slow cooker with cooking spray.
2. Add the apple slices, lemon juice, brown sugar, cornstarch, cinnamon, nutmeg, and salt. Stir to combine well. Spread the apples out in an even layer.
3. To make the topping, stir the oats, flour, brown sugar, cinnamon, and salt together in a medium bowl. Pour in the melted butter or coconut oil and stir until all of the ingredients are coated and the mixture is wet and crumbly. Sprinkle the topping evenly over the apples.
4. Place a dish towel on top of the slow cooker, making sure it does not sag down onto the crisp. Place the lid on top of the towel. This towel will help soak up the condensation that forms under the lid, keeping the crisp topping from getting soggy.
5. Cook on high for 2 1/2- 3 1/2 hours or on low for 6 to 8 hours, until the apples are soft. Remove the lid and towel and serve the crisp hot. Top with a scoop of dairy-free ice cream or sorbet, if desired.

### Nutritional Analysis per Serving

Yield: 8 Servings | Calories: 211 | Carbohydrates: 50 g | Protein: 3 g | Fat: 1 g | Saturated Fat: 1 g | Polyunsaturated Fat: 1 g | Monounsaturated Fat: 1 g | Cholesterol: 1 mg | Sodium: 17 mg | Potassium: 230 mg | Fiber: 5 g | Sugar: 30 g | Vitamin A: 91 IU | Vitamin C: 7 mg | Calcium: 49 mg | Iron: 1 mg

Recipe courtesy of [The Foodie Physician](#)