

Simple Apple Crisp with Vanilla Ice Cream

The sensation of sweet and tangy warm apple with bits of crispy oats together with chilly creamy ice cream is just delightful...



This is a very simple recipe that can be literally place

together in a blink...there is nothing exclusive in terms of ingredients...but the combination is just splendid. This dessert sure emphasizes that simple is good.

Ingredients:

Apple Filling

2 apples, peeled and cut in small pieces

1 to 2 tablespoons raisins

$\frac{1}{2}$ tablespoon lemon juice

1 tablespoon brown sugar

$\frac{1}{2}$ to $\frac{3}{4}$ teaspoon ground cinnamon

1 pinch salt

1 tablespoon corn starch

1 tablespoon butter, cold cut in small pieces

Topping

2 tablespoons all-purpose flour

2 $\frac{1}{2}$ tablespoons quick oat

2 tablespoons butter, cold cut in pieces

$\frac{1}{2}$ teaspoon ground cinnamon



Method:

Preheat the oven to 350F.

In a medium bowl, toss together the apples, raisin, lemon juice, brown sugar, cinnamon, salt butter. Add the corn starch and fold gently. Divide the apple filling in 4 small baking dish and set aside.

For the topping:

In a medium bowl, mix all the ingredients together. Use fork

to mask the cold butter into the mix until large crumbs form.

Sprinkle the topping evenly over the 4 baking dish with the apples. Bake until is golden brown and bubbling on top, about 30 to 35 minutes.

Serve the apple crisps warm with vanilla ice cream.





I hope you enjoy the simplicity of this dessert by just combining a few ingredients.



Did you know that apples are extremely rich in antioxidants and phytonutrients? Therefore apples may help reduce risks of developing heart disease, hypertension, diabetes and cancer.

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