

# Gluten-free Apple Crisp

Created by Sundar Shrestha, FSHN graduate student

## Ingredients:

½ cup quick-cooking oats (gluten-free)  
¼ cup rice flour  
¼ cup tapioca flour  
¾ cup brown sugar  
¾ teaspoon nutmeg  
¾ teaspoon cinnamon  
4 medium-sized Gala apples  
1/3 cup butter

## Directions:

Preheat the oven to 375°F.

Mix the dry ingredients including brown sugar and spices in a bowl. Add soft butter to the dry mixture, and then gently mix for about a minute.

Peel the apples, and slice in ¼ inch-thick slices. Spread the apple slices on the buttered pan (6”/6”).

Sprinkle the mixed ingredients on the apple slices. Bake for 35 to 40 minutes (till apple slices are tender and the top is golden brown).

Remove from the oven and bring to room temperature for serving.

Yield: 6-8 servings

Adjusted for 5,000 feet—will work from 3,500 -6,500 feet.

## Nutrition Facts

Serving Size 1 square (164g)  
Servings Per Container 6

Amount Per Serving

Calories 300    Calories from Fat 100

% Daily Value\*

Total Fat 11g    17%

Saturated Fat 7g    35%

Trans Fat 0g

Cholesterol 25mg    8%

Sodium 0mg    0%

Total Carbohydrate 53g    18%

Dietary Fiber 3g    12%

Sugars 35g

Protein 2g

Vitamin A 8%    • Vitamin C 8%

Calcium 2%    • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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