

Gluten-Free Apple Crisp



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 degree F.
- Mix the dry ingredients including brown sugar in a bowl. Add soft butter to the dry mixture, and then gently mix for about a minute.
- Peel the apples, and cut them into ¼” slices. Spread the sliced apples on a greased (with butter) 9”x9” baking dish.
- Sprinkle the toppings on the sliced apples. Bake for 35 to 40 minutes (or until apple slices are tender and the toppings are golden brown).
- Remove from the oven and cool to room temperature for serving.

Nutrition Facts					
Serving Size 0.50 cup(s) (132g)					
Amount Per Serving					
Calories	235	Calories from Fat	78		
%					
Total Fat			8.6g	13 %	
Saturated Fat			5.1g	25 %	
Trans Fat			0.3g		
Cholesterol			20.3mg	7 %	
Sodium			6.0mg	0 %	
Total Carbohydrate			39.1g	13 %	
Dietary Fiber			3.5g	14 %	
Sugars			22.8g		
Protein			2.3g		
Vitamin A		6 %	Calcium		3 %
Vitamin C		7 %	Iron		4 %

(From the [Kendall Anderson Nutrition Center](#) Gluten-Free Dining Cooking Series)



Gala

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and good and Ga-la!***

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