

Individual Size Protein Apple Crisp



Discover the indulgence of our individual-sized Protein Apple Crisp. An explosion of wholesome and protein-packed flavors, perfect for a balanced and delicious breakfast all on your own!

Preparation 10 min

Cooking 4 min

Servings 1

Nutrition Facts (per serving)

Calories 435

Fat 11

Carbohydrates 70

Fibre 14

Protein 21

Sodium 15

Ingredients

- 1 apple
- 1 date
- 1 ml (1/4 tsp) cinnamon
- 1/2 banana
- 60 ml (1/4 cup) rolled oats
- 80 ml (1/3 cup) textured vegetable protein (TVP)

Preparation

1. Cut the date into small cubes. Place in a microwave-safe bowl with 15 ml (1 tablespoon) of water. Heat for 30 seconds. Add cinnamon, mash the mixture with a fork, and mix.
2. Transfer half of the date-cinnamon mixture into a second bowl. Cut one apple into small cubes (keep the skin) and add to the first bowl. Mix and set aside.
3. In the second bowl (now containing part of the date-cinnamon mixture), add the banana and mash with a fork. Add rolled oats, textured vegetable protein (TVP), and chopped nuts. Mix thoroughly to combine the dry ingredients with the banana.
4. Pour this mixture over the apples and spread evenly to cover the surface.
5. Microwave for 3 minutes and 30 seconds. Caution, the bowl will be very hot! Enjoy!

Notes

Cortland or Lobo apples are the varieties most suited for this recipe, as they maintain their shape during cooking.



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