

Family Size Protein Apple Crisp



Dive into a wholesome and protein-packed breakfast with our Family-sized Protein Apple Crisp. This scrumptious recipe combines the goodness of apples with protein-rich ingredients, creating a satisfying and nutritious start to your day. Perfect for the whole family to enjoy!

Preparation 25 min

Cooking 30 min

Servings 6

Nutrition Facts (per serving)

Calories 435

Fat 11

Carbohydrates 70

Fibre 14

Protein 21

Sodium 15

Ingredients

- 6 apples
- 6 dates
- 5 ml (1 tsp) cinnamon
- 3 bananas
- 375 ml (1½ cups) rolled oats

- 250 ml (1 cup) pecans or walnuts, chopped

Preparation

1. Preheat the oven to 350°F. Dice the dates and place them in a microwave-safe bowl with 30 ml (2 tbsp) of water. Heat for 30 seconds. Add cinnamon, mash with a fork, and mix.
2. Transfer half of the date-cinnamon mixture into an oven-safe glass dish. Cut the apples into small cubes (keep the skin) and add them to the dish. Mix and spread evenly.
3. In the bowl (with the remaining date-cinnamon mixture), add the bananas and mash with a fork. Add rolled oats, textured vegetable protein (TVP), and chopped nuts. Mix thoroughly to combine the dry ingredients with the bananas.
4. Pour this mixture over the apples and spread evenly to cover the surface.
5. Bake in the oven for 30 minutes or until the top is golden. Enjoy!

Notes



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