



# LINDSEY *Mitchler*

## FITNESS

BUILD STRENGTH X MOVE FORWARD

### Single Serve Apple Crisp

This is around 200 calories but will vary with how much apple you use but super simple and perfect for a cooler fall day!

#### Ingredients

- 1 medium sized apple diced
- 1 teaspoon cinnamon
- 1 teaspoon corn starch
- 2 teaspoon maple syrup

#### Topping:

- 2 tablespoons oats
- ½ teaspoon butter
- 2 teaspoons of brown sugar (I used Swerve)
- Cinnamon
- Dash of salt

#### Directions

1. Combine the apple, cinnamon, cornstarch and maple syrup and place in a microwave safe bowl.
2. Microwave in 30 second increments until it gets soft
3. While this is cooking combine all the ingredients for the topping
4. Add topping to the apple mixture and microwave 1 more minute and enjoy!