

# Apple Crisp

This single serving apple crisp is super easy to make and great if you have a little sweet tooth after dinner. Try it with banana ice cream on top!

Prep:  
**10 minutes**

Cook:  
**30 minutes**

Ready In:  
**40 minutes**

Servings:  
**1**



## Ingredients

1 apple chopped very finely  
1/4 cup oats  
1/4 cup oat flour  
2 tbsp brown sugar  
1/2 tsp cinnamon (or pumpkin spice)  
1/8 tsp salt  
1 tbsp plant milk (I use west soy)  
Drizzle of maple syrup

## Instructions

- 1 Preheat oven to 400 degrees. In a bowl mix together your oats, oat flour, salt, and 1 tbsp of brown sugar.
- 2 In another bowl add in your chopped apple, cinnamon (or pumpkin spice) and add in 1 tbsp of the dry oat mix and mix together well.
- 3 Add your plant milk into the rest of your dry oat mixture and mix well until there are no more dry spots (you may need a tiny bit more of plant milk). Add this crust mixture into the bottom of a small ramekin baking dish (I used a 10 ounce round ramekin) and press it into the bottom and corners. Add your apple mixture on top and top with a little more oats. If you are not trying to lose weight you can add some walnuts or pecans on top.
- 4 Bake on the middle rack on 400 for 30 minutes. When its done top with maple syrup or banana ice cream. Enjoy!