



BODYBUILDING.COM™

Apple Crisp

Ingredients:

1 cup sliced apple
2 tbsp brown sugar
1/8 tsp cinnamon
1/2 cup rolled oats
1 scoop vanilla protein powder
2 tbsp walnut pieces
Dash of cinnamon
1/4 cup organic honey
1/2 cup low-fat Greek yogurt

Directions

1. Preheat the oven to 350 degrees F.
2. Slice apples and place in a bag or bowl with 1 tbsp brown sugar and cinnamon, stirring to coat.
3. Place apples in a small baking dish.
4. Combine oats, protein powder, walnut pieces, cinnamon, and 1 tbsp brown sugar.
5. Once combined, drizzle honey over the oat mixture and stir to coat.
6. Spoon mixture over the apples in the baking dish.
7. Bake apples for about 20 minutes.
8. When apple crisp is done, allow it to cool for five minutes and then top with Greek yogurt.