

## 5-Minute Apple Crisp (Vegan, Gluten-Free, Nut-Free, Soy-Free)

This recipe and accompanying photo was posted by Chris Arpante of Kids Cuisine and Mele Cotte.

### 5-Minute Apple Crisp

Slightly adjusted recipe from Get Togethers: Rachael Ray 30-Minute Meals

1 can (15-ounce) apple filling  
¼ tsp. freshly grated nutmeg  
2 Tbsp. brown sugar  
½ cup Go Lean Kashi cereal (or any granola)

Heat pie filling in a small pot over medium-low heat. Season with nutmeg and spoon into dessert cups. Top with brown sugar, followed by the Kashi. Top with scoop of vanilla ice cream (optional) .

Don't want to use the canned "stuff"?

You can make your own filling. In a medium saucepan, combine 2 Tbsp. apple cider, 2 Tbsp. sugar, 1 Tbsp. lemon juice, and 1 cinnamon stick. Add 1-2 pounds peeled, cored and chopped (firm) apples. Bring to a boil over high heat. Reduce heat to low and simmer for about 15-20 minutes. Taste for sweetness and add more sugar if needed. Simmer to preferred thickness/chunkiness.

Food Allergy Note: Whether or not this recipe is vegan, gluten-free, soy-free, and/or nut-free will depend on the granola you use. For a complete free-from version, try Enjoy Life Granola.