

Apple Crisp

From Food Network Kitchens

2/3 cup rolled oats
1/3 cup all-purpose flour
1 Tablespoon cup dark brown sugar
1/3 cup Splenda
1/3 cup pecans, toasted, chopped
Pinch fine salt
12 tablespoons cold unsalted butter, cut into bits
4 medium baking apples, such as Braeburn, Rome, or Granny Smith

Whipping cream
1 Tablespoon Spenda
1 Teaspoon vanilla

Preheat the oven to 375 degrees F. Lightly butter 6 (6-ounce) ramekins.

Whisk the oats, flour, brown sugar, 1/3 cup Splenda, pecans, and salt in a medium bowl. Rub in half (6 Tablespoons) the butter with your fingertips until it is in even, pea-size pieces. Peel, core, and coarsely chop the apples and divide evenly among the ramekins. Scatter the crisp topping evenly over the fruit in each ramekin. Dot with remaining butter.

Transfer the ramekins to a baking sheet and cook until the fruit bubbles around the sides and the top is golden, about 30 minutes.

Preheat a broiler. Place the crisps about 4 inches from the broiler and cook until golden brown, about 30 seconds. Let cool about 15 minutes before serving.

Whip cream with Spenda and vanilla. Serve crisp warm with whipped cream, if using.

In our diabetic-friendly desserts, we use small amounts of sweeteners in accordance with guidelines set up by the American Diabetic Association. As with all sweets, moderation is important.