Low-Fat Healthy Apple Crumble

NIBBLEDISH CONTRIBUTOR

Ingredients

1. 2 apples, peeled, cored and sliced
2. 1 cup rolled oats
3. 1 cup bran flakes
4. 1 cup milk (skim or soy)
5. 3 tbsp apple juice
6. 1 tsp cinnamon
7. 2 tbsp sweetener
8. a handful of walnuts or pistachios, coarsely chopped
9. 1/4 cup raisins

Instructions

Combine the oats and the milk in a mixing bowl, cover and let stand about 30 minutes.
Add bran flakes and raisins, let stand 10 more minutes.
Preheat oven to 190°C.
Add cinnamon, sweetener, walnuts or pistachios. Arrange the sliced apples into a lightly greased baking pan, pour the apple juice over the apples and cover with the prepared mixture. Bake about 15 - 20 minutes.