



Apple Crumble

250 Calories

Filling

- 1 apple, peeled and roughly chopped (113g)
- 2 tsp brown sugar substitute
- 1 tsp granulated sugar substitute
- 1 tbsp light whipped topping
- 1 tbsp lemon juice
- 1 tsp cornstarch
- 1/2 tsp cinnamon
- Pinch of nutmeg

Crumble Topping

- 1 scoop vanilla protein powder (31g)
- 2 tsp rolled oats
- 1 tsp sugar-free maple syrup
- 1 tsp brown sugar substitute
- 1/2 tbsp butter, softened
- 1/2 tsp cinnamon
- Pinch of salt

Cooking Instructions

1. Mix the cornstarch with the lemon juice. Add the cornstarch mix to a microwave-safe bowl along with the chopped apples, brown sugar, granulated sugar, light whipped topping cinnamon, and nutmeg.
2. Stir everything together well. Microwave the apples for 3-4 minutes, stirring them halfway through cooking. Remove and set aside.
3. To another bowl add the softened butter, maple syrup, and protein powder together. Mix until crumbly and add more maple syrup if it's still too dry.
4. Add the rolled oats, brown sugar, salt, and cinnamon to the crumble. Mix until well combined.
5. Add half of the crumble to the bottom of a bowl. Top with the apple filling then add the other half of the crumble on top. Serve with low-calorie whipped topping and enjoy!

MACROS



● Fat	7g
● Carbs	22g
● Protein	24g