



Apple Crumble in a Mug



Entire recipe: 174 calories, 2.5g total fat (0.5g sat. fat), 187mg sodium, 37g carbs, 4g fiber, 23g sugars, 2g protein

Prep: 5 minutes **Cook:** 5 minutes or less



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Ingredients

1 1/2 cups peeled and chopped Granny Smith apples (about 2 medium apples)
1/4 tsp. vanilla extract
Dash ground nutmeg
2 tsp. brown sugar (not packed)
1/4 tsp. cinnamon
2 tbsp. old-fashioned oats
1 1/2 tsp. whole-wheat flour
1 tsp. light whipped butter or light buttery spread
Dash salt

Directions

Place apple in a large microwave-safe mug sprayed with nonstick spray. Add vanilla extract, nutmeg, 1 tsp. brown sugar, and 1/8 tsp. cinnamon. Stir to coat.

Microwave for 2 minutes.

In a small bowl, combine oats, flour, butter, salt, remaining 1 tsp. brown sugar, and remaining 1/8 tsp. cinnamon. Mash and stir until well mixed and crumbly.

Top apple with oats mixture. Microwave until apple has softened and topping is firm, about 30 seconds.

MAKES 1 SERVING

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