HOME

Why This Simple Apple Crisp Is the Healthiest Comfort Dessert You'll Make

By bestfolkmedicine · 28/12/2025 · 3 min read



What Is Apple Crisp?

Apple crisp (also known as apple crumble in the UK) is a fruit dessert featuring a juicy spiced apple filling and a crunchy topping made of oats, butter, and sugar. Unlike apple pie, it does not have a pastry base—so it's faster to prepare and equally delicious.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

This dessert hits all the comfort food notes: warm fruit, sweet spices like cinnamon, and a crumbly, buttery topping that pairs perfectly with vanilla ice cream or whipped cream.

Why This Recipe Works

This version from **Natasha's Kitchen** is a crowd-pleaser because it balances:

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

- **Tender, juicy apples**
- **Sweetness with depth** from brown and granulated sugar
- **Crunch and texture** from oats in the topping
- **Classic spice flavor** from cinnamon

It's a perfect all-purpose apple crisp that's easy to customize.

Ingredients

For the Apple Filling

- 4 pounds firm-crisp apples (about 11–12 medium apples)*
- 2 tablespoons lemon juice
- 3/4 cup granulated sugar (adjust to taste if using tart apples)
- 3 tablespoons all-purpose flour
- 1 1/2 teaspoons cinnamon

For the Crisp Topping

- 1 3/4 cups all-purpose flour
- 1/2 cup packed brown sugar
- 1/4 cup granulated sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt

- 1 cup unsalted butter (room temperature)
- 1 cup rolled oats (old-fashioned oats preferred)

*Use a mix of sweet and tart apples like Golden Delicious and Granny Smith for depth of flavor.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

Instructions

1. **Prep the oven and dish:** Grease a 9×13-inch baking dish and preheat your oven to **375°F** (190°C).
2. **Prepare the apples:** Peel, core, and slice the apples into 1/4-inch thick pieces. Toss with lemon juice to prevent browning.
3. **Season the apples:** In a bowl, mix the sugar, flour, and cinnamon; sprinkle over apples and stir to coat evenly. Transfer to the baking dish.
4. **Make the topping:** In a large bowl, combine flour, oats, brown sugar, granulated sugar, cinnamon, and salt. Add butter and use your hands or a pastry cutter to combine until pea-sized crumbs form.
5. **Assemble and bake:** Spread the topping over the apples and bake for **45–50 minutes**, or until the topping is golden and the apples are bubbling at the edges.
6. **Serve:** Let cool slightly, then serve warm—especially delicious with vanilla ice cream or a dollop of whipped cream.

Pro Tips for Best Results

- **Choose firm apples:** Firm, crisp apples hold their texture better and won't turn mushy during baking.
- **Adjust sweetness:** If you use tart apples like Granny Smith, increase sugar to 1 cup or adjust to your preference.
- **Oats matter:** Old-fashioned oats give the topping a satisfying crunch. Quick oats will be softer and less textured.

Variations to Try

- **Add nuts:** Stir in chopped walnuts or pecans for an extra crunchy topping.
- **Spice it up:** Add a pinch of nutmeg, cloves, or ginger for warm seasonal flavor.
- **Mix fruits:** Combine apples with pears or cranberries for a fruitier twist.

Nutrition & Portion Tips

A traditional apple crisp is a dessert treat, rich in fruit and carbs. You can make it more wholesome by serving smaller portions or pairing it with nutrient-dense sides like Greek yogurt for added protein.

Why You'll Love This Recipe

Apple crisp combines **comfort, simplicity, and timeless flavor**. It's perfect for cozy evenings, gatherings, holiday tables, or any time you crave a dessert that feels homemade and satisfying. The balance of sweet apples, warm cinnamon, and crisp oat topping makes it a recipe you'll want on repeat.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

Final Thoughts

This classic apple crisp brings together wholesome ingredients and easy techniques to deliver a dessert that's warm, comforting, and truly crowd-friendly. Whether you're baking it for family, friends, or yourself, it's a recipe that evokes nostalgia and joy in every bite.

Try this easy apple crisp today—and don't forget the scoop of vanilla ice cream on top for the ultimate cozy dessert experience!

Source

- NatashasKitchen.com

Read online: https://bestfolkmedicine.com/2025/12/cozy-apple-crisp-recipe-holistic-dessert/

Downloaded on 21/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.