
Easy Apple & Mango Crisps

Description

This light and tasty dessert with fresh apple and mango is simple and easy to prepare, but sure to please your dinner date or party guests.

Total time: 1 hr Yield: 12 Servings

Ingredients

4 large granny smith apples (medium diced)
2 large mangos (medium diced)
1 lemon (juiced & zested)
1 tsp cinnamon
1/2 tsp kosher salt
1/2 cup white granulated sugar
3 Tbsp Grand Marnier (optional)
2 Tbsp pure vanilla extract
2 Tbsp corn starch
1 cup applesauce
17 1/2 oz oatmeal cookie mix (1 pouch)
1 stick of butter (softened)
cooking spray

Prep Time: 30 min Cooking Time: 30 min Total Time: 1 hr

Instructions

Preheat oven to 350° F. Wash, peel, core and dice the apples and mangoes, then place in a large bowl. Add the lemon, cinnamon, kosher salt, white granulated sugar, Grand Mariner, 1 tablespoon pure vanilla extract, corn starch and applesauce then toss together. Set aside. To prepare the topping, add oatmeal cookie mix, softened butter, and 1 tablespoon pure vanilla extract to a medium size bowl and mix together until crumbly. Spray bottom and sides of a large baking dish (13" x 9" x 2") or twelve 6 oz. ramekins with cooking spray. Arrange the fruit mixture evenly on the bottom, then sprinkle the topping evenly over fruit filling and bake for 30 to 40 minutes or until topping is golden brown. If you notice during the cooking process that the topping is getting too dark, cover with tin foil and place back in the oven. Serve warm or at room temperature with your favorite ice cream. Or for a lighter approach, serve with low fat frozen yogurt or non-fat Greek yogurt.

Recipe brought to you by:

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Source:

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