



# RECIPES

## Apple Whey Crispilicious

### INGREDIENTS:

#### Base

- 3 apples, cored and sliced
- ½ cup unsweetened applesauce
- 1 ½ tsp lemon juice
- 1 tsp Truvia® natural sweetener
- 1 scoop vanilla whey protein powder
- 1 tsp brown sugar
- ½ tsp cinnamon

#### Topping

- 1 cup quick oats
- 2 Tbsp brown sugar
- 1 scoop vanilla whey protein powder
- 2 Tbsp Smart Balance® Heart Right® Light Buttery Spread

### INSTRUCTIONS:

1. Preheat oven to 350°F
2. Mix together base ingredients and spoon into greased cooking dish. Combine the topping mix and crumble over the base.
3. Bake for 35-40 minutes until golden brown

Makes 3 Servings

*For more recipes, visit [wjmc.org/recipes](http://wjmc.org/recipes)  
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