

# Apple Whey Good Crispilicious

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This dessert has fiber to help keep things regular and apples have been known to suppress appetite. It's irresistibly delicious and fills you up without filling you out.

## NUTRITIONAL INFO

Calories: 124.1

Fat: 4.6 grams

Carbs: 21.7 grams

Fiber: 3.7 grams

Protein: 1.5 metabolic boosting grams

Servings: 4 per recipe

## Ingredients:

- (3) Apples, cored & sliced
- (1½ tsp.) Lemon juice
- (1 scoop) LynFit Vanilla Complete Protein
- (½ tsp.) Cinnamon
- (½ cup) Applesauce
- (1 tsp.) Stevia® or Splenda®
- (1 tsp.) Splenda® brown sugar

## Directions:

- Mix together base ingredients and spoon into a greased (use spray) cooking dish.
- Combine the topping mix and crumble over the base
- Bake at 350° F for 20–30 minutes or until golden brown

## For Topping:

- (1 cup) Oatmeal
- (1 scoop) LynFit Vanilla Complete Protein
- (2 tbsp.) Splenda® brown sugar
- (2 tbsp.) Smart Balance®