

Apple Brown Betty

Submitted by Gary Swieso



[Watch how to make this recipe.](#)

Level: Easy Total: 1 hr 10 min Prep: 25 min Cook: 45 min
Yield: 6 servings, 1 serving is about 1 cup

[Nutrition Information](#)

Ingredients:

5 large Golden Delicious apples (about 2 pounds), peeled and thinly sliced
1 cup apple cider
3 tablespoons brown sugar, divided
1 teaspoon vanilla extract
1 teaspoon ground cinnamon, divided
2 tablespoons butter, divided
3 slices whole-wheat bread (1-ounce each) crusts included (to make about 2 1/4 cups crumbs)
3 tablespoons chopped walnuts

Directions:

1. Preheat the oven to 350 degrees F.
2. Combine apples, apple cider, 1 tablespoon brown sugar, vanilla, 1/2 teaspoon cinnamon in a large saucepan over medium-high heat. Cook, stirring occasionally, until apples are tender but not mushy, about 10 minutes. Stir in 1 tablespoon butter until melted, remove from heat and transfer apple mixture to a 9-inch glass pie plate.
3. Place bread in food processor and process until crumbs are formed, about 15 seconds. Melt remaining 1 tablespoon butter in microwave for 20 seconds. Toss crumbs with melted butter, walnuts, remaining 2 tablespoons brown sugar and remaining 1/2 teaspoon cinnamon. Scatter crumb mixture on top of apples and bake for 30 minutes, until topping is crisped and lightly browned.
4. Excellent source of: Fiber and Manganese
5. Good source of: Vitamin C