

Swedish Apple Pie (aka Apple Crisp Pie)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-apple-pie-recipe-walnuts>

Ingredients:

- 4 cups baking apples firm, 4 medium apples, peeled, cored and chopped to 1/4" chunks
- 2 teaspoons ground cinnamon
- 3/4 teaspoon ground cardamom
- 1 tablespoon granulated sugar
- 10 tablespoons butter melted or your oil of choice
- 1/2 cup granulated sugar
- 1/4 cup maple syrup
- 1 1/2 tablespoons vanilla extract
- 1 1/4 cups old-fashioned rolled oats or gluten free oats
- 3/4 cup oat flour or gluten-free oat flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup walnuts chopped, optional

Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 97 grams
3. Cholesterol: 75 milligrams
4. Fat: 43 grams
5. Fiber: 9 grams
6. Protein: 10 grams
7. SaturatedFat: 20 grams
8. Sodium: 430 milligrams
9. Sugar: 55 grams

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