Apricot Crisp

Ingredients

For the filling:
• 6 cups fresh apricots, pitted and sliced (no need to peel)
• Zest of one small lemon, about ½ teaspoon
• 1 tablespoon cornstarch
• ½ teaspoon ground ginger
• ½ teaspoon ground cinnamon
• ½ cup honey or pure maple syrup or granulated sugar*

For the topping:
• 1 cup old-fashioned oats
• ¾ cup white whole wheat flour or all-purpose flour
• 1 teaspoon cinnamon
• ¼ teaspoon salt
• 6 tablespoons cold unsalted butter, cubed
• 3 tablespoons pure maple syrup or brown sugar*

* You can adjust the amount of sweetener to your taste. If your apricots are on the sweeter side, use less sweetener.
Instructions

Preheat oven to 350 degrees F. Lightly spray an 8x8-inch baking dish with cooking spray.

For the filling:
In a large bowl, toss together the apricots, lemon zest, cornstarch, ginger and cinnamon. Stir gently until apricots are evenly coated with the spices and then gently stir in the honey. Pour into the prepared baking dish.

For the topping:
In a medium bowl, stir together the oats, white whole-wheat flour, cinnamon and salt. Add the butter cubes and use your fingers to work the butter into the oat mixture until it begins to clump together and the butter pieces are small. Stir in the maple syrup. Sprinkle topping over apricots.

Bake in the preheated oven until filling is bubbly and topping is golden brown, 30-32 minutes. Let cool slightly before serving.