

Instant Pot Spiced Apple Crisp

2 pounds apples, cut into bite-size pieces (about 4 to 5 cups) (peeled or unpeeled)

1 teaspoon ground cinnamon

¼ teaspoon ground nutmeg

1/3 cup water

2 tablespoons pure maple syrup

¾ cup old fashioned or quick rolled oats

¼ cup firmly packed brown sugar

¼ cup flour

¼ teaspoon salt

¼ cup butter, melted

Ice cream or whipped cream, (optional)

Place apples in a 1½ to 2 quart pot-in-pot (PIP); add 1½ cups water and trivet to the bottom of the cooking pot or place apples in the Instant Pot cooking pot; sprinkle with cinnamon and nutmeg, and top with water and maple syrup. (Use a foil sling if you are using the PIP. See Tips and Trick on how to make a foil sling.)

In a small bowl, combine oats, brown sugar, flour, and salt; stir in butter until well blended. Drop oat mixture over apples. If desired, cover with a paper towel and then foil to reduce condensation.

Place lid on top and close, making sure vent is in the sealed position. Press the MANUAL button and check to be sure the pressure is set to HIGH PRESSURE. Adjust time to 8 minutes.

When the IP beeps, use a natural pressure release (NPR). (The filling will thicken as it sits.) Spoon into serving dishes and top with ice cream or whipped cream, if desired.

Makes 4 servings

Tips and Tricks:

- Select an apple such as Gala, Fuji, Jazz, Granny Smith or Golden Delicious which hold their shape in cooking. Avoid Red Delicious and Rome Beauty which will become mushy when cooked.
- To make a foil sling, tear a piece of foil about 2 feet long. Fold in thirds lengthwise. The sling can be used to lower a pan into the IP pot and to lift one out. Fold it over so all is in the IP and place lid on pot.