

Apples

Using a combination of sweet-tart eating apples or tart-sweet baking apples, especially when in season, requires much less sugar. One day Sondra used Granny Smith apples for a pie and needed 1/2 cup sugar with the apple juice concentrate for the same low-sugar pie taste. Her Mom said, "Do not make another one with those green apples." Traditional apple pies use 1–1 1/2 cups of sugar and far fewer apples than our pies. Leaving the peels on adds both beautiful color and fiber.

Apple Suggestions

Sweet-tart eating apples:

- Braeburn
- Jonagold
- Golden Supreme

Tart-sweet baking apples:

- Cortland
- Burgundy
- Paula Red

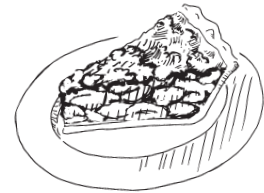
Little Chefs

When making a pie or crisp, or when having a snack, allow children to enjoy slicing apples using an apple peeler-corer-slicer.

Apple Crisp Pie

Prep filling and assemble pie: 15 minutes

- 1/2 cup sugar**
- 3/4 tsp. ground cinnamon**
- 1/4 tsp. ground nutmeg**
- 4 1/2 cups sliced apples (1 1/2 lbs.)** (see sidebar)
- 1/2 recipe Crisp Topping** (see below)
- 1 (9-inch) unbaked whole-grain pie shell**



Preheat oven—375°.

1. In bowl, whisk sugar and spices together.
2. Using an apple peeler-slicer, slice and core apples (we do not peel). Quarter the slices.
3. Add apples to sugar mixture and stir to coat. Transfer to pie shell; spread evenly. Sprinkle crisp topping evenly over filling.
4. Bake 55 minutes, or until apples are fork tender.

Yield: 8 servings 1 (9-inch) pie

Oat Crisp Topping

Mix: < 10 minutes

- 1/4 cup flour**—“white” whole-wheat flour
OR whole-wheat flour
OR whole-grain spelt flour
- 1/4 cup oat bran**
- 1 cup quick oats**
- 1/3 cup brown sugar**
- 1 tsp. ground cinnamon**
- 1/8 tsp. nutmeg**
- 1/4 cup butter or healthier-choice margarine**
OR 3 Tbsp. High-Heat oil

In bowl, whisk all ingredients except butter (or margarine or oil) together. Cut in butter using pastry blender or gradually add oil while stirring with fork. Refrigerate until ready to bake.

Extra may be frozen.

Yield: 2 cups; enough topping for 2 pies/crisps

A Gluten-Free Crisp Topping recipe is included in
Simple Choices for Healthier Eating by Sondra Lewis and Dorie Fink.