

Old Fashioned Apple Pie



PREPARATION TIME: 30 minutes plus crust pre-bake

MAKES: 3 (9 inch) pies or 24 servings

BAKE TIME: 40-50 minutes

INGREDIENT	MEASUREMENT	METRIC
prepared double pie crusts	3 double crusts for 9 inch pans	1296 grams
baking apples, thin-sliced, cored, peeled	21 cups	2310 grams
SPLENDA® No Calorie Sweetener Granular	3 cups	72 grams
cornstarch	1/2 cup	72 grams
cinnamon	2-1/4 teaspoons	5 grams
nutmeg	3/4 teaspoon	1.6 grams
salt	3/8 teaspoon	2 grams

PREHEAT oven to 425°F. Line 9-inch pie pans with prepared crust dough.

PLACE sliced apples into a large mixing bowl and set aside.

COMBINE SPLENDA® Granular, cornstarch, cinnamon, nutmeg, and salt in a small bowl. Sprinkle mixture over apples and toss. Spoon the apple mixture into pie crusts.

COVER filled pie with another crust. Seal edges, trim and flute. Make small openings in the top crust to vent.

BAKE pies in preheated oven 40-50 minutes or until the top crust is golden. Serve warm or chilled.

Note: A convection oven may be used but times will differ dependent on type used and number of pies placed in the oven.

NUTRITION INFORMATION PER SERVING

Serving Size: 1 slice or 1/8 pie

Calories	320	Sodium	410mg
Calories from Fat	140	Total Carbohydrate	47g
Total Fat	15g	Dietary Fiber	4g
Saturated Fat	3.5g	Sugars	17g
Cholesterol	10mg	Protein	3g

This recipe, when compared to a traditional recipe, has a 22% reduction in calories, a 32% reduction in carbohydrates, and a 57% reduction in sugars!

DIETARY EXCHANGES

1 Starch
2 Fruits
3 Fats

