



## Irene's Apple Pie

**Yield: 1 pie**

**Cost Per Serving: N/A**

**Cook Time: 1 hour**

### Ingredients:

- 2 cups white whole wheat flour or 1 cup white flour & 1 cup whole wheat flour
- 1 tsp salt
- ½ cup canola oil
- ½ cup skim milk
- 2 Tbsp sugar (low-calorie sugar blend \*)
- 1-2 tsp cinnamon
- 5-6 peeled & sliced baking apples

\*Check sugar to sugar blend ratio

### Directions:

1. Mix flour and salt in medium size bowl.
2. Whisk oil and milk in small bowl & immediately pour into flour mixture.
3. Gently stir to combine flour & oil/milk, DO NOT over mix.
4. Divide dough in half and roll for bottom pie crust.
5. Peel and slice apples onto pie crust.
6. Sprinkle sugar on top of apples.
7. Sprinkle cinnamon (1-2 tsp per preference) on top of apples.
8. Roll other half of dough for top pie crust.
9. Use a sharp knife to slit top crust 7-8 times to vent steam & sprinkle top of crust with sugar.
10. Bake at 375°F for ~20 minutes.
11. Decrease to 350° and bake an additional 20-30 minutes.