



## Organic Apple Crunch Pie

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prep time:  
40 minutes

cook time:  
45 minutes

makes 8 servings

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### grocery list

**Back to Nature Energy Start Cereal** or  
**Heart Basics Cereal**  
organic butter or **Benecol**  
**Back to Nature Organic Apple Cinnamon**  
**Harvest Cereal**  
whole-wheat flour  
**Hain Organic Brown Sugar, Raw Sugar** and  
**Sea Salt**  
**Morton & Bassett Organic Ground**  
**Cinnamon**  
Granny Smith apples

# organic apple crunch pie

- 3 cups **Back to Nature Energy Start Cereal** or **Heart Basics Cereal**
- $\frac{1}{4}$  cup organic butter or **Benecol**, melted
- $\frac{3}{4}$  cup **Back to Nature Organic Apple Cinnamon Harvest Cereal**
- $\frac{1}{2}$  cup plus 3 tbsp. whole-wheat flour
- $\frac{1}{3}$  cup packed **Hain Organic Brown Sugar**
- 3 tbsp. **Hain Raw Sugar**
- $\frac{1}{2}$  tsp. **Morton & Bassett Organic Ground Cinnamon**
- $\frac{1}{4}$  tsp. **Hain Sea Salt**
- $\frac{1}{2}$  cup cold organic butter or **Benecol**, cut into pieces
- 3 lb. Granny Smith apples, peeled, cored and thinly sliced (about 6 cups)

1. Preheat oven to 375°F. Place **Energy Start** cereal in food processor; process until finely chopped. With processor running, add melted butter. Process until well mixed. Press mixture into 9-inch pie plate, pressing up sides and across bottom of dish. Bake 5 to 8 minutes to set. Remove from oven; set aside to cool slightly.
2. Place **Apple Cinnamon Harvest** cereal,  $\frac{1}{2}$  cup of the flour, brown and raw sugars, cinnamon and salt in food processor. Pulse until well mixed. Add  $\frac{1}{2}$  cup cold butter; pulsing until well mixed. Set aside 1 cup for topping.
3. In large bowl combine apples, 1 cup crumble mixture and 1 tablespoon flour; toss to mix. Pile apple mixture into pie plate, arranging and pressing slightly to fill pie plate evenly.
4. Combine remaining crumble mixture and remaining 2 tablespoons flour in small bowl; mix well. Sprinkle over pie. Cover outer edge of crust with strips of aluminum foil to prevent overbrowning.
5. Bake 30 minutes. Remove foil; bake 15 to 25 minutes more or until golden and apples are tender (knife inserted in center gets little or no resistance). Cool completely.

Per Serving: 582 calories, 70g carbohydrate, 13g protein, 31g fat, 6g fiber, 76mg cholesterol, 257mg sodium

## kitchen tools

dry measuring cups  
measuring spoons  
small saucepan  
paring knife  
cutting board  
chef's knife  
food processor  
9-inch pie plate  
large bowl  
small bowl  
aluminum foil

## recipe note

You can substitute pears for the apples in this recipe.

## a good idea

Keep a container of **Back to Nature** cereal on the kitchen counter for a high-fiber, healthy snack your family can enjoy anytime of day.

