1. Crockery Apple Pie

|  |  |
| --- | --- |
| 8 apples-peeled, cored and sliced  2 tsp cinnamon  1/4 tsp allspice  1/4 tsp nutmeg  3/4 cup almond milk  3/4 cup Splenda  2 Tbs flax seed | 1 tsp vanilla extract  1 1/2 cup Bisquick  1/3 cup brown sugar  3 Tbs Fleischman's unsalted margerine sticks |

8 apples seems like a lot but they really do bake down a lot and it is not too much. The last hour may need to turn up to high to get the topping to finish baking.

Procedure

* + 1. In a large bowl, toss apple slices with spices. Spoon into lightly greased slow cooker.
    2. In a separate bowl, combine non-dairy milk, splenda, flax seed, vanilla and ½ c of Bisquick. Sitr until well mixed. Spoon batter over apples.
    3. Place remaining Bisquick and brown sugar in a small bowl. Cut in chilled margarine until coarse crumbs form. Sprinkle over batter. Cover and cook on low for 6-7 hours.

Servings: 8

Yield: Abt 1 cup per serving

Nutrition Facts

Nutrition (per serving): 268 calories, 47 calories from fat, 4.1g total fat, 0mg cholesterol, 231.1mg sodium, 186mg potassium, 41.2g carbohydrates, 5g fiber, 34.6g sugar, 2.6g protein.

Recipe Tips

Golden Delicious not peeled used for calorie count.

Source

Source: Adapted from Gooseberry Patch 101 Super-Easy Slow Cooker recipes (not vegan)

1. Crockery Apple Pie w/ eggs

|  |  |
| --- | --- |
| 8 apples-peeled, cored and sliced  2 tsp cinnamon  1/4 tsp allspice  1/4 tsp nutmeg  3/4 cup milk  3/4 cup Splenda | 2 egg  1 tsp vanilla extract  1 1/2 cup Bisquick  1/3 cup brown sugar  3 Tbs butter |

Nutrition Facts

Nutrition (per serving): 296 calories, 70 calories from fat, 6.5g total fat, 59.8mg cholesterol, 249mg sodium, 236.6mg potassium, 42.4g carbohydrates, 4.4g fiber, 35.8g sugar, 4.6g protein.