1. Crockery Apple Pie

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| 8 apples-peeled, cored and sliced2 tsp cinnamon1/4 tsp allspice1/4 tsp nutmeg3/4 cup almond milk3/4 cup Splenda2 Tbs flax seed | 1 tsp vanilla extract1 1/2 cup Bisquick1/3 cup brown sugar3 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

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| 8 apples-peeled, cored and sliced2 tsp cinnamon1/4 tsp allspice1/4 tsp nutmeg3/4 cup milk3/4 cup Splenda | 2 egg1 tsp vanilla extract1 1/2 cup Bisquick1/3 cup brown sugar3 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.