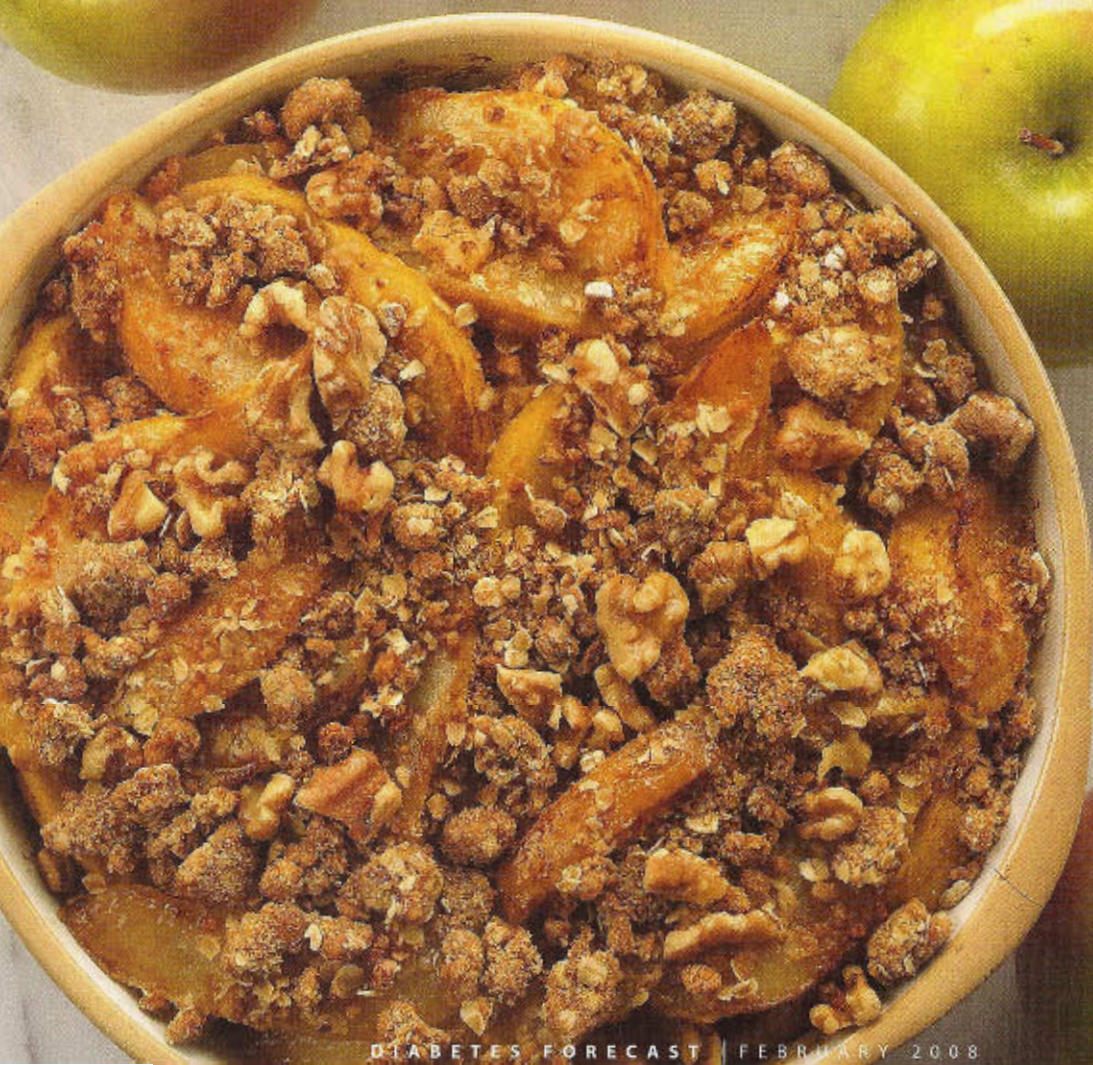


Sautéed in warm spices and a touch of sweet syrup, **Maple Apples** also make a great topping for pancakes or waffles—and even an accompaniment to roasted meat or poultry.

RECIPE: PAGE 62



Whole-wheat pastry flour, whole rolled oats, and walnuts make **Pear-Walnut Crumble** nutritious—and seriously tasty

RECIPE: PAGE 62

RECIPES

Pear-Walnut Crumble



9 SERVINGS

Serving size: ½ cup

Preparation time: 25 minutes

Cooking time: 45 minutes

- 4 large pears, unpeeled and cut into ½-inch-wide slices
- ¼ cup Splenda for baking
- 2 Tbsp. orange juice
- 2 tsp. orange zest

Crumble

- ½ cup whole-wheat pastry flour
- ½ cup old-fashioned rolled oats (not instant)
- ⅓ cup brown sugar substitute (Splenda)
- 1 Tbsp. butter
- 1 Tbsp. canola oil
- 2 Tbsp. orange juice concentrate
- 2 Tbsp. chopped walnuts

1. Preheat the oven to 375°F.
2. Coat a 2-quart baking dish with cooking spray. In a bowl, toss the pears, Splenda, orange juice, and orange zest and add to the baking dish.
3. In another bowl, combine the flour, oats, and brown sugar. Add the butter and work the butter in with your fingertips or a pastry blender until the mixture resembles coarse crumbs. Add the oil and mix well. Add in the orange juice concentrate until the mixture is moistened.

4. Spread the crumble mixture evenly over the pears. Bake for about 25 minutes. Top the crumble with the walnuts and continue to bake for another 20 minutes until pears are soft and topping is browned.

Nutrition Facts

Serving size: ½ cup

Carbohydrate exchanges: 2.5

Fat exchanges: 0.5

Amount Per Serving

Calories: 190

Calories From Fat: 40

Total Fat: 4.5 grams

Saturated Fat: 1.1 grams

Cholesterol: 5 milligrams

Sodium: 10 milligrams

Total Carbohydrate: 37 grams

Dietary Fiber: 4 grams

Sugars: 23 grams

Protein: 2 grams

Maple Apples



4 SERVINGS

Serving size: ½ apple

Preparation time: 7 minutes

Cooking time: 14 minutes

- 2 medium Granny Smith apples, unpeeled and sliced into ½-inch wedges
- 1 Tbsp. fresh lemon juice
- 1 tsp. canola oil
- ¼ cup apple cider
- 1 Tbsp. sugar-free maple-type syrup
- ¼ tsp. cinnamon
- ¼ tsp. cloves
- 1 Tbsp. toasted slivered almonds

1. Toss the apple slices with the lemon juice.

2. In a large skillet, heat the oil over medium heat. Add the apples and sauté for 3 minutes. Reduce the heat to low, cover, and simmer for about 6 to 7 minutes, stirring occasionally. Remove the apples.

3. In the same skillet add all the remaining ingredients except the almonds. Bring to a boil and cook over medium-high heat until syrupy, scraping up any bits of apple remaining in the pan. Add back the apples and sprinkle with the sliced almonds.

Nutrition Facts

Serving size: ½ apple

Fruit exchanges: 1

Fat exchanges: 0.5

Amount Per Serving

Calories: 70

Calories From Fat: 20

Total Fat: 2.5 grams

Saturated Fat: 0.2 grams

Cholesterol: 0 milligrams

Sodium: 5 milligrams

Total Carbohydrate: 14 grams

Dietary Fiber: 2 grams

Sugars: 10 grams

Protein: 1 grams