

## Impossible French Apple Pie for the MIND diet

### Filling:

- 3 cups sliced apples - I peeled mine, but I have made this kind of recipe with the peels
- 1 tsp cinnamon - I omitted the 1/4 tsp nutmeg because I really don't like it
- 1/2 cup whole wheat flour
- 3/4 tsp baking powder
- 1/8 tsp salt
- 1/2 cup of Splenda (granulated) -the kind you buy in a big bag
- 1/2 cup 1% milk
- 1 1/2 TBSP olive oil (the 3/4 TBSP for the Bisquick sub and 3/4 TBSP for the recipe)
- 2 eggs

### Struesel:

- 1/2 cup whole wheat flour ( I didn't add the rest of the Bisquick ingredients here)
- 1/4 cup chopped pecans
- 1/8 cup brown sugar (2 TBSP)
- 1/8 cup Splenda granulated (2 TBSP)
- 1 1/2 TBSP oil

Slice the apples into a 9 inch pie plate. Sprinkle with cinnamon and mix in a bit.

Mix the filling and pour over apple mixture.

Mix the struesel and sprinkle on the top

Bake 40 minutes at 325 degrees. Cool a bit before cutting. Store left-overs (if there are any) in the refrigerator.

6 servings



<b>Nutrition Facts</b>	
Servings 6.0	
Amount Per Serving	
<b>calories</b> 237	
	<b>% Daily Value *</b>
<b>Total Fat</b> 12 g	<b>19 %</b>
Saturated Fat 2 g	<b>8 %</b>
Monounsaturated Fat 7 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
<b>Cholesterol</b> 71 mg	<b>24 %</b>
<b>Sodium</b> 356 mg	<b>15 %</b>
<b>Potassium</b> 213 mg	<b>6 %</b>
<b>Total Carbohydrate</b> 30 g	<b>10 %</b>
<b>Dietary Fiber</b> 4 g	<b>15 %</b>
<b>Sugars</b> 10 g	
<b>Protein</b> 6 g	<b>12 %</b>
Vitamin A	<b>2 %</b>
Vitamin C	<b>3 %</b>
Calcium	<b>8 %</b>
Iron	<b>8 %</b>