



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Lattice-Topped Apple Pie

Prep Time: 30 mins

Cook Time: 40 mins

Total Time: 1 h 10 mins

Ingredients

- 6 cup(s) apple(s), cooking
- 3 tablespoon sugar
- 1 teaspoon cinnamon, ground
- 1 tablespoon cornstarch
- milk, fat-free
- 1/2 cup(s) flour, all-purpose
- 1/4 cup(s) flour, whole-wheat pastry
- 2 tablespoon wheat germ, toasted
- 1/8 tablespoon nutmeg, ground
- 3 tablespoon butter
- 3 tablespoon water, divided



Preparation

Apple Pie Filling:

- 1) In a 2-quart rectangular baking dish, arrange sliced apples; set aside. In a small bowl, combine sugar and cinnamon; set aside 1 teaspoon of the mixture. Stir cornstarch into remaining sugar mixture. Sprinkle cornstarch mixture onto apples; toss to combine.
- 2) Preheat oven to 375° F. On a lightly floured surface, flatten Whole Wheat Pastry dough. Roll dough from center to edges into a 10x5-inch rectangle. Cut pastry lengthwise into nine 1/2-inch-wide strips. Carefully place 4 pastry strips lengthwise over apples, place remaining 5 pastry strips crosswise over the apples, spacing strips evenly to form a lattice-style crust. Trim pastry strips; tuck ends into dish. Brush pastry with milk, sprinkle with reserved sugar mixture.
- 3) Bake for 40 to 45 minutes or until apples are tender. Serve warm or cool. Makes 8 servings.

Whole Wheat Pastry:

In a medium bowl, stir together 1/2 cup all-purpose flour, 1/4 cup whole wheat pastry flour or whole wheat flour, 2 tablespoons toasted wheat germ, and 1/8 teaspoon ground nutmeg. Use a pastry blender to cut in 3 tablespoons butter until mixture resembles coarse crumbs. Sprinkle 1 tablespoon cold water over part of mixture; toss with a fork. Push moistened dough to side of bowl. Repeat, using 1 tablespoon cold water at a time until moistened (2 to 3 tablespoons total). Form dough into a ball.