

Apple and Berry Pie



Ingredients

- ½ cup all purpose flour
- ½ cup whole wheat flour
- 2 tsp. sugar
- 2 tsp. salt
- 2 Tbsp. unsalted butter
- 1 Tbsp. applesauce
- 2 Tbsp. fat-free buttermilk
- 3 Tbsp. ice water
- 1 ½ pounds of apples (your choice)
- 1 cup fresh blueberries
- 4 tsp. cornstarch
- 2 Tbsp. brown sugar
- ⅛ tsp. ground cinnamon

Directions:

1. Preheat oven to 425 degrees.
2. Combine the flour, granulated sugar, salt, butter and applesauce in a food processor. Blend until the mixture is course.
3. In a separate bowl, combine the ice water and buttermilk. Add this combination to the processor and blend until thoroughly mixed. Remove the mixture from the processor and round into a ball, cover in plastic wrap, and store in the freezer for 10 minutes.
4. In a large bowl, mix the blueberries, apples, cornstarch, brown sugar and cinnamon.
5. Unroll the dough onto a lightly floured surface about 9 inches. Cover baking sheet with parchment paper and placed dough on paper.
6. Place the apple mixture in the center of the dough, leaving an elevated border of dough.
7. Fold the excess dough, edging over onto the apple mixture.
8. Bake at 425 degrees for 10 minutes, then reduce the heat to 325 degrees. Continue baking for approximately 35 more minutes.
9. Remove tray from the oven and enjoy!

*Yield 12 servings, serving size: 1 serving. Calories: 185.
Fat: 3.8 g. Cholesterol: 10 mg. Sodium 15 g. Carbohydrates: 38 g.
Fiber: 3.7 g. Sugar: 14.6 g. Protein: 2.5 g.*

**These facts may vary based on size, amount, and brand use. This information is only a guide.*