

Classic Pie Recipes

only fewer calories!

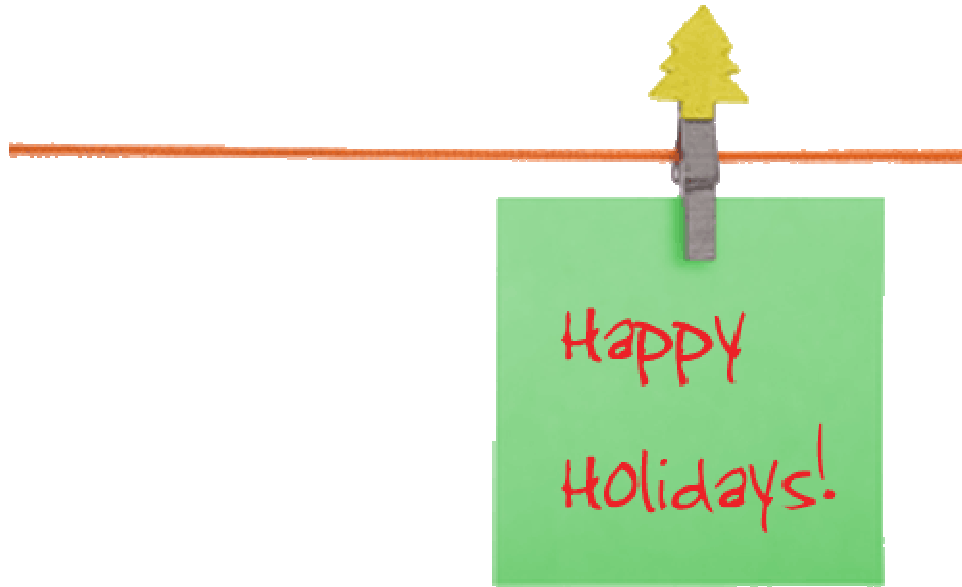
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The holidays are here again, and time for all that good food which could be so good for us. Holiday staples like pumpkin, sweet potatoes, and berries of all kinds are loaded with vitamins, minerals, fiber and antioxidants. What happens to these healthy foods? Why we add marshmallows, sugar, syrup, and wrap them up with carbs and cream? Perhaps, any other way would be going against tradition... So what to do then? Well, we *can* cut some of those calories and still call it a pie! The following

are some traditional holiday recipes, with the more high-calorie ingredients substituted for low-cal or zero-cal alternatives. psst! No one will taste the difference...

Pie Crust Recipe

Pie Crust:

1 cup flour

½ tsp. salt

1 tsp. white sugar

1/3 cup vegetable shortening

2 ½ TBSP. cold water (approximately)

Add flour, salt, sugar and shortening in food processor.

Process in short bursts until ingredients are combined and has the texture of small peas. Add cold water a little at a time. Add only enough water to hold pastry together.

Shape into a ball and wrap with plastic wrap. Refrigerate for about an hour. After an hour, unwrap and roll out the pastry on a lightly floured surface, about 1/8" thick shaping into a circle as you work. Gently lay pastry in pie plate, and crimp edges with a fork. Chill for one hour.



Pumpkin Pie

Preheat oven to 350° F.

Make traditional pie crust or use prepared frozen crust (thawed, but still chilled)

FILLING:

2 cups steamed and pureéd fresh pumpkin (or 2 cups of canned pumpkin)

2/3 cup Splenda 50/50 brown sugar mix

1 tsp. cinnamon

½ tsp. ground ginger

½ tsp. nutmeg

½ tsp. salt

4 egg whites, beaten

1/2 cup ½ + ½ cream and 1/2 cup evaporated milk (or just 1 cup evaporated milk)

In a large bowl, mix together pumpkin, sugar and spices. Blend with electric mixer until smooth. Add egg whites and cream/milk and blend for about 2 minutes. Turn filling into prepared pie shell.

Bake at 350° F for 50-60 minutes or until a knife inserted into the centre comes out clean. Cool on rack. Serve with lightly sweetened whipped cream or low-cal whipped topping.



Banana Custard Pie

Preheat oven at 450° F

Make traditional pie crust or use prepared frozen crust (thawed, but still chilled)

FILLING:

3 ripe bananas

	<p>2 eggs 1 Tbsp. corn starch ½ cup sugar ¼ tsp. salt 1 cup ½ + ½ cream 1 cup evaporated milk 1 tsp. vanilla</p> <p>Whipped cream (lightly sweetened) or low-cal whipped topping.</p> <p>Purée the bananas in blender or food processor until smooth. In a large bowl, beat eggs with corn starch. Add puréed bananas and remaining ingredients. Mix together until smooth.</p> <p>Bake empty pie crust at 450° F for about 10 minutes. Reduce the oven heat to 325° F and fill the shell while it is still hot.</p> <p>Turn well mixed filling into prepared and partially baked pie shell. Bake at 325° F for about 30 minutes or until a knife inserted into the centre comes out clean. Cool on rack. Top pie with lightly sweetened whipped cream or whipped topping before serving.</p>	



Mom's Apple Pie

Preheat oven to 450°F

2 traditional pie crusts or use prepared frozen crusts
(thawed, but still chilled)

(one for filling, second to make a top crust)

Filling:

1 lb. bag of firm cooking apples

2 Tbsp. + 2 Tbsp cinnamon

2 Tbsp + 3 Tbsp. Splenda 50/50 sugar mix

1 Tbsp. cornstarch

Egg Wash -made up of one beaten egg + small amount of
water

Sugar, sprinkle on top.

Sprinkle 2 Tbsp. cinnamon and 2 Tbsp. sugar on bottom
crust. Peel apples and slice and place in pie crust.

Sprinkle corn starch over apples, then 2 Tbsp. cinnamon
and 3 Tbsp. sugar. Roll out dough for top crust and spread

over pie. Prick top all over with a fork to create a few holes for steam to escape.

Crimp edges to seal. Brush egg wash over top crust and sprinkle with a little white sugar. Cut vent holes in top of crust with a sharp knife.

Bake for 1 hour 15 minutes.



Apple-Rhubarb Crunch Pie

Make traditional pie crust or use prepared frozen crust (thawed, but still chilled)

Filling:

3 cups peeled and diced rhubarb

3 tart crisp apples, peeled and sliced

½ cup white sugar or 50/50 Splenda sugar blend

2 TBSP. cornstarch

Mix filling ingredients together and spread in prepared pie crust.

Topping:

1 cup quick-cooking rolled oats
½ cup Splenda brown sugar blend
1 tsp. cinnamon
¼ cup soft margarine

Mix together above ingredients in a small bowl. Spread evenly over top of pie.

Bake for 50-55 minutes, until top is golden and filling is bubbly.



Blueberry Pie

PASTRY:

2 ½ cups flour
1/3 cup sugar
1 tsp. salt

1/3 cup shortening

1/3 cup butter

FILLING:

3 pints blueberries, washed and cleaned

Juice of 1/2 lemon

2/3 cup Splenda 50/50 sugar blend

1/4 cup wheat flour

1/4 cup cold butter

1 egg, beaten with a small amount of water (for egg wash)

Sugar to lightly sprinkle over top

Measure all pastry ingredients into food processor. Blend until just mixed together (do not over-blend or pastry will be tough.) Pieces of dough should be about the size of small peas.

Shape dough into a ball and flatten. Wrap in plastic wrap and refrigerate for at least an hour.

Preheat oven to 450°.

Remove dough from fridge and unwrap. Cut dough in half and roll out one half on a floured board. Line a pie plate with dough. Add blueberries into pie dough and top with lemon juice. Sprinkle flour and sugar over top, and dot with cold butter pieces. Roll out remaining dough and top the pie. Brush beaten egg over top of pie and sprinkle

lightly with sugar.

Bake at 450° for 10 minutes. Lower the oven heat to 350° and bake for 40 minutes longer (until crust is golden brown.)



Coconut Meringue Pie

8" frozen pre-baked pie shell

1 can coconut milk 2 tsp. coconut extract Meringue:

1 pkg. (4 serving size) low-calorie vanilla instant pudding mix

2 egg whites – room temperature

¼ cup super-fine white sugar or Splenda 50/50 blend.

Combine vanilla pudding mix, coconut milk and coconut extract in a bowl. Mix together as per package directions. Spread in pre-baked pie shell. Chill for 1 hour. Beat egg whites and sugar together until stiff and soft peaks form.

Spread over pudding mix. Bake at 350° for 10-15 minutes until meringue is golden. Remove from oven. Chill pie for another hour before serving.



Fresh Peach Pie

PASTRY:

2 ½ cups flour

2 TBSP. white sugar

2/3 cup vegetable shortening

1 tsp. salt

5 TBSP. very cold water (approximately)

FILLING:

¾ lb. fresh ripe peaches

½ cup Splenda 50/50 white sugar blend

2 TBSP. corn starch

Juice from ½ lemon

Egg wash (made up of one beaten egg plus a small amount of water)

Sugar to sprinkle on top of pie

Measure all pastry ingredients, except water into food processor. Pulse a few times until mixture is the size of small peas. Through top, add just enough cold water until dough forms a ball. (Do not over-blend or pastry will be tough.) Shape dough into a flattened ball and refrigerate for about an hour.

Preheat oven to 450°F.

Remove dough from fridge and unwrap. Cut dough in approximately thirds- two-thirds will be used for the bottom crust, and one-third for top. Roll out two-thirds of dough on lightly floured surface and line a pie plated with dough. Peel peaches and slice in wedges. Place in pie crust. Sprinkle lemon juice and then corn starch over fruit, then white sugar blend. Roll out dough for top crust and spread over pie.

Crimp edges to seal. Brush egg wash over top crust and sprinkle with a little white sugar. Cut vent holes in top of crust with a sharp knife. Bake for 1 hour 15 minutes.



Peanut Butter Pie

Make traditional pie crust or use prepared frozen crust (thawed, but still chilled).

Preheat oven to 450° F.

FILLING:

1 cup low-fat/low-calorie smooth peanut butter

1 tsp. vanilla

1 ½ cups Splenda 50/50 white sugar blend

½ tsp. salt

4 egg whites

1 ½ cups milk (or evaporated milk, for richer filling)

1/2 cup chopped peanuts

In a large bowl, cream peanut butter and vanilla together with an electric mixer. Gradually add sugar and salt, beating until fluffy with each addition. Gradually beat in egg whites. Then blend in milk. Turn the filling into the pastry shell. Top the filling with the chopped peanuts.

Bake at 450° F for 10 minutes. Reduce oven heat to 350° F and bake for 20-25 minutes longer or until a knife inserted into the centre comes out clean. Cool on rack.



Rum & Walnut Pie

Make traditional pie crust or use prepared frozen crust (thawed, but still chilled).

Preheat oven to 450° F.

FILLING:

¼ cup butter

1 cup Splenda 50/50 brown sugar blend

2 eggs

1 Tbsp. cornstarch

½ cup light corn syrup

1 ½ cups walnut pieces

2 Tbsp. rum

In a large bowl, cream butter and sugar together with an electric mixer. Beat in eggs one at a time then beat in corn starch. Stir in corn syrup and add walnuts and rum. Pour the filling into the pastry shell.

Bake for about 40 minutes or until a knife inserted into the centre comes out clean.