

Canadian Pie- less Apples a la Slow Cooker

4	Granny Smith Apples (or other good cooking apples) cored, peeled and sliced.
2 T	flour (amaranth or oat)
1/2 cup	firmly packed brown sugar (or 1/4 apple-sauce plus 1/4 c brown sugar)
1/2 tsp	ground cinnamon
1/4 cup	raisins or cranberries (dried).
1/4 c.	old fashioned oats
2 T	margerine, softened

In a large bowl, combine apples, flour, 1/4 cup sugar, 1/4 tsp cinnamon, and raisins. Stir to coat, then transfer to lightly oiled slow cooker.

In small bowl combine oats, remaining sugar, cinnamon, and margerine. Sprinkle mixture over apples. Cover and cook on low for 3.5-4 hrs.

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Shopping List

Recipe Title

Ingredients	Wieght or Volume	PLU #
Carots	1/2 C. or 4 oz	_____
potatoes	2 T.	_____
millet	3 t.	_____
tofu	4 oz	_____
corn kernels	5 lbs	_____
sugar	6 grams	_____
water	7 liters	_____

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