

**GREEN CHILE APPLE PIE \*\***

This is another recipe sent to me by my sister-in-law Clarwana in Tucumcari, NM, who obtained it from a friend named Teri. I have changed it only slightly to use lower carbohydrate ingredients.

2 tbsp "sugar"  
 2 tbsp water  
 2 low carb large (burrito size) tortillas  
 ¼ cup "brown sugar" blend  
 ½ cup low carb flour<sup>1</sup>  
 1 tsp ground cinnamon  
 4 cups apples, peeled, cored, and sliced  
 ½ cup chopped green chile

Melt the "sugar" in the water, and thoroughly soak the tortillas in the liquid. Place these on an oven rack to dry at 250° F for a few minutes. Remove while still slightly damp and pliable. Place one in an oiled pie baking dish and press it into the shape of the dish.

Mix the last five ingredients above in a large bowl. Place the mix into the pie dish. Cover with the remaining tortilla and make a few slits in the upper crust to let baking steam escape.

Bake at 375° F for 45 minutes, or until the crusts are golden brown.

Serves 6.

**OREO® CHOCOLATE MOUSSE PIE**

When you need a lower G. I. chocolate fix, this one fits the bill very nicely. It is easy to make and readily consumed by all.

**Filling**

2 package (1.4-oz) Jell-O® sugar-free fat free instant chocolate fudge pudding mix

2 cups fat free milk  
 8oz Cool Whip Lite®  
 2 oz sugar-free oreos®, crushed

**Crust**

2 cups almond flour  
 2 tsp "sugar"  
 1 tbsp flour  
 3 tbsp Fleishmann's unsalted "butter"

Make the crust by mixing the dry ingredients with the "butter". Add only enough "butter" to make a heavy paste. Press the dough mixture into a 9" greased pie pan to form the crust and bake at 350°F for 10 minutes. Let cool while the filling is being made.

In a large bowl, whisk Jell-O® and milk for 3 minutes or until the desired thickness is reached. Spread half of this mixture on the bottom of the pie crust.

Add half of the Cool Whip® to the remaining pudding mixture and fold until blended. Spread this mixture on top of the pudding in the pie crust.

Spread the remaining Cool Whip® on top of the pie and top with crushed Oreo® pieces.

Chill and serve.

Number of Servings: 8.

<sup>1</sup>Lower G. I. Flour Mix, page 282.