

# Chilled Chia Apple Pie

A pie that never goes into the oven?

This no-bake apple pie is a fun & fast twist on the classic dessert.

Because you don't bake it, it's great in the summer when you don't want to turn on the oven & heat up the house. Just chill for 2 hours and this sweet-tart pie is ready to go.

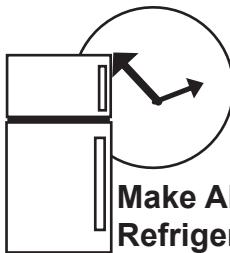


## Pie Ingredients

about 4 tart apples (ie. Granny Smith)  
1 package sugar-free lemon gelatin  
1 package sugar free (cook) vanilla pudding  
1 tsp cinnamon  
1/2 tsp nutmeg  
3 tbsp gelled MySeeds chia  
1 and 1/2 cup filtered water  
1/4 cup filtered water  
1 10 inch pie shell

## Optional Ingredients

1/2 cup chopped walnuts  
1/2 cup blueberries (fresh or dried)  
1/2 cup raisins (regular or golden)



**Make Ahead  
Refrigerator Recipe!**



First, chop the apples, leaving the peels on for added fiber and nutrition. If the apples are small, use 5, if they are fairly large, you'll only need 4. Pour the 1 and 1/2 cup water into a large sauce pan, then add the apple slices. Stir in the spices and gelatin mix until well combined. Bring this mixture to a boil. Once it boils, cover the sauce pan and reduce the heat to a simmer. Simmer for about 4-6 minutes. For an unusual twist, don't cook for very long, and the apples will be lightly crunchy. The longer you cook, the softer the apples will be.

Next, add in the pudding mix and the 1/4 cup filtered water. Stir while cooking for 1 minute. When ready, this will begin to thicken. Remove from heat, add the gelled chia, and either add the optional mix-in of your choice, or simply pour the mixture into the pie shell.

Refrigerate for at least 2 hours or until firm.

You can top this with some fat-free whip cream, or serve it just as it is. The combination of cook-pudding mix & gelatin makes the pie hold together quite neatly. The apple peel & chia seeds add fiber, and the sugar level of the pie is quite low compared to traditional pies. The lemon adds a great new twist to an old-fashion dessert.



The amount of filling made really depends on the size of the apples. It can easily make too much to fit into a ready-graham-crust, so a 10 inch pie shell is recommended. (shown at right) Larger pie shells are in the grocery freezer case, but may need to be toasted in the oven before use.