



# Apple Nut Bake

*A crustless pie with apples, spices and pecans.*

- 4 baking apples, peeled, cored and sliced thin
- ¼ cup sugar
- ½ Tbsp. apple pie spice
- 1 Tbsp. corn starch
- 1 Tbsp. vanilla extract
- ¼ cup fine-chopped pecans

Preheat oven to 375°. Toss apples with sugar, apple pie spice, cornstarch, vanilla and half of the pecans. Lightly spray a Fantasia Oval Glass Casserole Pan with vegetable oil cooking spray. Spread mix into pan and smooth top. Sprinkle with remaining pecans. Cover and bake for 40 minutes; uncover and bake until pecans are golden - about 10 more minutes. Allow to cool slightly before serving.

Yield: 6 servings. Each serving: 150 calories, 4 grams of fat.

