



The Kitchen at Second Harvest Apple Pie Filling try at home recipe

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Ingredients

- 2 large apples
- 2 tablespoons unsalted butter
- 1/3 cup granulated sugar
- 2 tablespoons cinnamon
- 1 tablespoon brown sugar
- 1/4 teaspoon salt
- 1 tablespoon all-purpose flour
- 1 egg, beaten (for egg wash)

Directions

1. Peel, core and cut the apples into 1/2-inch cubes.
2. Place apples into a large bowl filled with water (to prevent browning).
3. In a saucepan, melt butter over medium heat. Stir in apples, sugar, cinnamon, brown sugar, and salt.
4. Cover and stir occasionally for 5 minutes or until apples are slightly softened.
5. Stir in flour and continue to cook until apples are soft and tender (but not mushy), and the filling has thickened. Remove from heat and cool to room temperature.

Yield: 6 servings

Serving: 1 handpie



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and ways to get involved!



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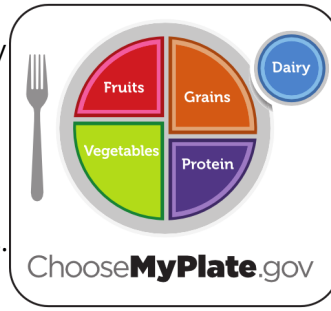


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



The **Fruit** Group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned, or dried/dehydrated. At least half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.

Cooking Tips

- Can be stored in the fridge for up to two weeks.

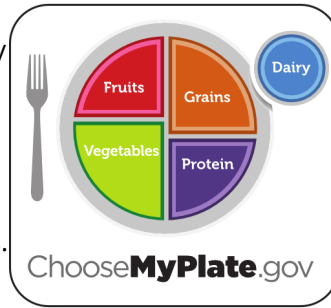
Second Harvest is an equal opportunity provider.



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Nutrition Facts

Nutrition Facts	
6 servings per container	
Serving size	1 hand pie
Amount Per Serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 4g	5%
Saturated Fat 2.4g	12%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 100mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 0g	0%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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