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**Best  
of the  
Worst**

# Apple pie

One slice of this classic dessert can pack 480 calories, 22 grams fat and 35 g sugar. (No, that's not à la mode.) Crust in time for the holidays: three luscious low-cal versions. By Stephanie Clarke, R.D., and Willow Jarosh, R.D.

## MAKE IT

Put the fruit front and center and...  
**Save 302 calories**

### Apple-Walnut-Ginger Galette

Serves 8

- |   |   |
|---|---|
| 3 large apples (Pink Lady or Gala), peeled, cored and thinly sliced | 1 tbsp all-purpose flour  |
| ¼ cup chopped walnuts   | ¾ tsp cinnamon  |
| ¼ cup chopped crystallized ginger                                   | 1 trans-fat-free piecrust (such as Whole Foods' or homemade, enough for a 9-inch pie) |
| 2 tbsp plus 2 tsp brown sugar, divided                              | Vegetable oil cooking spray   |

Heat oven to 400°. In a bowl, toss apples with walnuts, ginger, 2 tbsp sugar, flour and cinnamon. Roll piecrust into a 12-inch circle, about ½-inch thick. Coat a baking sheet with cooking spray; place piecrust on sheet. (It's OK if the piecrust hangs over the sides.) Arrange apple slices in one layer to form a circle about 3 inches from edge of piecrust; fill in circle with more slices. Scrape any remaining walnuts and ginger from bowl onto apples. Gently fold edges of piecrust over outer edge of apple filling to form a thick crust. Spray outer rim of crust with cooking spray; sprinkle crust with remaining 2 tsp sugar. Bake until crust is golden brown and apples are soft, 35 minutes. Cut into 8 slices and serve.

THE DISH 178 calories per slice, 8 g fat (2 g saturated), 27 g carbs, 3 g fiber, 2 g protein



Easy as pie! This treat takes only 10 minutes to prep for baking.

## FAKE IT

Heat and eat and...  
**Save 250 calories**

### Amy's Apple Pie

This freezer-case find is made with organic apples and a wheat crust, and it's free of the bad-news ingredients that you see in many frozen pies, such as preservatives and heart-harming partially hydrogenated oils. Half of the mini-pie, which is about the size of a small slice, has 230 calories and 8 g fat.



## TAKE IT

Hit the drive-through and...  
**Save 230 calories**

### McDonald's Baked Apple Pie

Restaurant pie slices tend to be supersized, but McDonald's offers a personal pie in the perfect portion. The single-serving pastry has 250 calories and 13 g fat, so you nix 9 g fat. More sweet news: It contains only 13 g sugar—a savings of 22 g. No-guilt pie on the fly!



CLOCKWISE FROM TOP: KAT TEUTSCH; FOOD STYLING: JAMINE KALEIS; PROP STYLING: PAOLA ANDREA; COURTESY OF MCDONALD'S; COURTESY OF AMY'S.