

# FOOD ON THE RUN!

For this month's FOOD ON THE RUN we have a *sweet* topic. After all, having to sit outside in the cold for braais in wintertime, I thought us girls deserved something special. Even better if it is something the guys can put together themselves. This is again one of Pierre's favorites that he often treats me with.

## **Easy Apple Pie**

### **Ingredients :**

- 1 big tin pie apples
- 1 cup flour
- ¾ to 1 cup sugar
- 125 ml margarine (*use brick margarine, but ensure that it is soft*)

### **Method :**

Mix flour, sugar & margarine well by rubbing it together with your finger tips (*soos ons in afrikaans sal sê die invryf tegniek – nie die vrou-verkeerd-opvryf tegniek nie, ouens*). Place apple pieces in pie dish. Spread crumbs evenly over apple pieces. Sprinkle with cinnamon. Bake for +/- 45 minutes at 180°C (350F). Enjoy while still warm with ice cream or cream or good old custard.

### **Insider tips :**

- It works well if you cut the apple pieces into smaller pieces.
- For extra flavour mix some cinnamon into the apple pieces before covering with crumbs.

So guys don't be shy and start making some pie.

**We want to encourage everyone to send in his or her own trusted recipes & ideas. By sharing we all get new ideas to make LIFE ON THE RUN interesting.**

Forward any recipes to me at : [drocher@absamail.co.za](mailto:drocher@absamail.co.za)

Daleen Rochér

Ed. I think even you would be able to do this. We will be looking out for a letter to the soapbox from Trisha to hear how successful the attempt was.