

Mixed Messages

By Sharon Lee Riguzzi

"I'm losing you!"

"You're breaking up!"

A few years ago who would have thought these phrases would become a part of our everyday conversation? And yet if you use a cell phone, you probably hear or say those words every now and then. A few year ago my friend Ann had taken a trip to Israel, and one of the the peculiar sites she saw was everyone on a cell phone. I remember laughing and thinking, "Why would anyone need one?"

And now I have to admit that if I left my house in the morning without money, my lunch, my pocketbook, I would be able to manage. But if I discovered I'd left my cell phone on the kitchen counter, I would have to turn around to retrieve it. You see, my friends, my cell phone has become a habit.

I'm not quite sure how this habit became so quickly apart of my life, but it has. And just like most habits, I sometimes overdo it.

"I'm losing you!"

Isn't this also a phrase we say to ourselves when we don't want to listen to our inner voice? You know, the voice that knows what we really want, not just what we want at the moment?

"You're breaking up!"

This is how we ignore our once so-determined Winning Outcomes, and the more we tell ourselves these two phrases, we begin to forget that we had once has our hearts set on them. I call this false messaging. It's the same thing our kids do to us when they come home after their curfew, saying they never heard us say "in by 11." ("You're breaking up.")

It's what we do or say when we don't want to do what we originally had set out to do. Other false messages: "No time!" "It doesn't really matter."

Hmmm, in this fast-paced world, it is very easy to see there isn't time to do all the things we want to do. But isn't it amazing how, when we want something really badly, we're able to fit everything in no matter what?

Apple Pie Crumble~ Serves 8

6 PointsPlus Value Prep time: 30 min Cook time: 60 min

Ingredients

1 spray(s) cooking spray, butter-flavored if possible

For the crust

1 cup(s) all purpose flour

2 tsp sugar

1/4 tsp table salt

3 Tbsp unsalted butter, cut into small chunks

2 Tbsp water, at room temp

For the filling

4 medium fresh apple(s), peeled, cored and sliced 1/4-inch thick*

1/4 cup(s) sugar

1 Tbsp all purpose flour

1/4 tsp ground cinnamon

1/4 tsp ground nutmeg

1 tsp fresh lemon juice

1 Tbsp water, at room temp

For the crumble

2 Tbsp unsalted butter, melted

1/3 cup(s) uncooked rolled oats

5 Tbsp all purpose flour

2 Tbsp sugar

Instructions

Place oven rack in middle of oven. Preheat oven to 400°F. Coat a 9-inch pie plate with cooking spray.

To make crust, combine flour, sugar and salt in bowl of a food processor fitted with a steel blade; whiz to combine. Scatter butter over flour mixture; pulse until dough

resembles coarse meal. Slowly add water, adding another tablespoon if needed, until dough comes together. Place dough in prepared pan and press dough up sides and around bottom to form a crust; prick bottom of crust with a fork 5 or 6 times.

To make filling, combine all filling ingredients in a medium bowl and toss gently to combine; evenly spread filling over crust.

To make crumble, in a small saucepan, melt butter. Add oats, flour and sugar; stir to combine and scatter over apples.

Bake for 20 minutes. Reduce heat to 350°F and continue baking until crust and crumble are golden and apples are juicy, about 30 to 40 minutes. If pie crust or crumble is getting too dark, cover with foil for last 20 minutes of baking. Let rest at least 30 minutes before slicing into 8 pieces and serving. Yields 1 piece per serving.

Notes

*Use a variety of apples such as McIntosh, Granny Smith and Jonagold.

If you like your apple filling a bit saucier, bake for an additional 10 minutes.