APPLE CUSTARD

1  tbsp butter
3  cups apples peeled and sliced
¼  cup skim milk
3  tbsp flour
1 ½ tbsp sugar
1  egg, beaten
1 ½ tsp baking powder
1  tsp cinnamon

Preheat the oven to 350 degrees. Melt the butter in a skillet over medium heat. Add the apples and sauté until tender. Combine the milk, flour, sugar, egg, baking powder and cinnamon in a mixing bowl. Blend until smooth. Spread the apples in a shallow baking dish, forming a level layer. Pour in the batter, covering the apples completely. Bake for 40 minutes, or until a knife inserted in the center comes out clean.

FILING

8  oz reduced-fat cream cheese, softened
½  cup reduced-fat sour cream
¼  cup + 2 tbsp maple syrup
2  cups fresh blueberries

Beat cream cheese, sour cream and ¼ cup maple syrup in a medium bowl with an electric mixer on low speed until smooth. When the crust is cool, spread the filling evenly into it, careful not to break the crust. Arrange blueberries on top, pressing lightly so they set in. Drizzle the remaining 2 tbsp maple syrup over the berries. Chill for at least 1 hour to firm up.

CRUST

½  cup walnuts, lightly toasted
1  cup whole wheat graham cracker crumbs
1  large egg white
1  tbsp butter, melted
1  tbsp canola oil
1  pinch of salt

Preheat oven to 325 degrees. Chop walnuts in a food processor or blender. Add graham crackers and process until mixture looks like fine crumbs. Whisk egg white in a medium bowl until frothy. Add the crumb mixture, butter, oil and salt. Toss to combine. Press the mixture into the bottom and ½ inch up the sides of a 9in pan. Set the pan on a baking sheet. Bake until dry and slightly darker around the edges, about 8 minutes. Cool.