



RECIPE OF THE MONTH

August 2019

SUGAR FREE APPLE PIE

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1 pie; 8 slices

INGREDIENTS

- 1/3 cup thawed apple juice concentrate
- Sugar substitute equivalent to 8 teaspoons of sugar
- 2 teaspoons corn starch
- 1 teaspoon ground cinnamon
- Pastry for double-crust pie (9 inches)
- 8 cups thinly sliced, peeled tart apples
- 1 tablespoon butter

INSTRUCTIONS

1. Preheat oven to 375°F.
2. Combine first four ingredients in a small bowl.
3. Place bottom crust in pie pan. Add peeled, sliced apples.
4. Pour juice over apples.
5. Dot with butter.
6. Roll out top pie crust and cut slits or design of choice into crust.
7. Place top crust over toppings. Seal and flute edges.
8. Allow to cool.
9. Enjoy!

NOTES

Apples can be omitted or substituted by pears, shredded coconut, or other fruit of choice. Walnuts may also be added, if you desire. Artificial sweetener can be substituted for sugar. Check package for substitution amount. Bread can be baked in a loaf, mini loaf, or muffin pans. Adjust cooking time accordingly.