

Caramel Apple Pie

Ingredients

- 1 apple
- 1 tablespoon lemon juice
- 1 teaspoon apple cider vinegar
- 1 tablespoon water
- 1 teaspoon ground cinnamon
- pinch of nutmeg
- 1 packet powdered Stevia
- English toffee Stevia to taste

Directions

1. Slice apple into very thin slices.
2. Arrange in layers in a round 3 inch crème Brulee dish.
3. For each layer, sprinkle generously with cinnamon, nutmeg, and powdered and English toffee Stevia.
4. Continue layering with spices until dish is full.
5. Sprinkle lemon juice, apple cider vinegar, and water over the apple slices.
6. Bake at 375 degrees for approximately 20-25 minutes or until apples are cooked and top is slightly crispy.
7. Drizzle with additional English toffee Stevia if desired.
8. Serve warm.

Makes 1 serving (1 fruit)
0.5 gram protein
0 fat
95 calories

PHASE 3 MODIFICATIONS:

Add a small amount of melted butter to the mixture and top with a tablespoon of chopped walnuts or pecans.

