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{Fall Recipes} Lowfat Individual Apple Pie Recipe

Fall is full of parties, bon fires and comfort food. I've learned that comfort food and fall recipes doesn't have to be a dish that equals 1,000s of calories or one that makes you feel like a total cheater on your healthier lifestyle journey. Do you agree? If you love apples and apple pie here is another low fat apple recipe to give you a sweet treat without the guilt.

*Thanks for the recipe by guest chef **Franci Cohen**, Personal trainer, Certified Nutritionist & Exercise Physiologist and Image credit: Google images.*

Lowfat Individual Apple Pies

Ingredients:

- Pie crust
- 6 Granny Smith apples
- 1/4 cup sugar
- 1 Tbsp brown sugar
- 1/2 tsp cinnamon

For the filling:

1. Pre heat oven to 375 degrees.
2. Cut off the top of 4 apples and remove the inside with a spoon or scooper. Be very careful, as to not puncture the peel!
3. With the 2 additional apples, remove the skin and slice very thinly. These apple pieces will be the filling for the mini apple pies.
4. Throw the apple slices in a bowl and mix with sugars and cinnamon. Scoop mixture evenly into each of the 4 hollow apples.

For the topping:

1. Roll out pie crust and slice into 1/4 inch strips. Note: You can also add a strip of pastry inside the top of the apple almost like a liner to add a little more texture and sweetness to the pie.
2. Cover the top of the apple in a lattice pattern with pie crust strips.
3. Place apples in an 8x8 pan and add just enough water to cover the bottom of the pan. Cover with foil and bake for 20-25 minutes.
4. Remove foil and bake for an additional 20 minutes or until crust is golden brown and sliced apples are soft

