

Apple Pie



Recipe makes: 8 servings
Prep time: 1 hour 10 minutes
Bake time: 25–30 minutes

Ingredients

For the crust

4 1/2 cups low protein all-purpose baking mix (plus extra for dusting)

2 sticks butter, softened

1/4 cup sugar (plus extra for dusting)

1/2 cup water, cold

For the filling

6 medium-sized apples, cored, halved and chopped into small chunks

1/4 cup sugar

2 tsp butter

1 Tbsp ground cinnamon

2 Tbsp almond milk, unsweetened

Directions

Preheat oven to 400°F.

For the crust

- 1 Combine low protein baking mix, butter, and sugar together in a large bowl with your hands until a coarse texture is achieved.
- 2 Add water and combine with your hands until a dough is formed.
- 3 Leave to rest for 10 minutes.
- 4 Dust a clean work surface with low protein baking mix, and knead the dough until smooth.
- 5 Divide the dough into two parts. Roll it out using a rolling pin to create two 11-inch circles. Use the rolling pin to lift one of the dough circles into a 9-inch parchment paper-lined pie dish, making sure to press down on the edges.
- 6 Cut the excess dough off the sides of the pie dish, and prick the pastry base all over with a fork.
- 7 Sprinkle a little sugar over the base of the pastry.

For the filling

- 1 Heat apples, sugar, butter, and cinnamon and stir in a pan over medium heat until apples are soft.
- 2 Spoon apple mixture into pie crust.
- 3 Top with second dough circle and press the edges of the two crusts together to seal, and use your fingers to make a crimped edge.
- 4 Brush the top with almond milk, and use a knife to make four small slits in the top crust to allow steam to escape.
- 5 Bake in preheated oven for 25 minutes or until golden brown.
- 6 Cool before serving.

Nutrition Info Per Serving (1/8 pie):

Calories: 550 | Protein: 0.7 g | Phenylalanine: 29 mg

Please check the suitability of this recipe for you with your healthcare professional.

HowMuchPhe database was used for the nutrition analysis.

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This recipe has been specifically designed for a low protein diet. The nutrition information for a recipe could change depending on the brand of product you choose and should only serve as a guideline. Refer to labels for allergen information and suitability.

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