

Recipe makes
8 servings

Prep time
1 hour 10 minutes

Baking time
25-30 minutes



NUTRITION INFO PER SERVING

(1/8 pie)

Calories 550

Protein 0.7 g

Phenylalanine 29 mg

INGREDIENTS

Crust:

4 ½ cups low protein
all-purpose baking mix
(plus extra for dusting)

2 sticks butter, softened

¼ cup sugar (plus extra
for dusting)

½ cup water, cold

Filling:

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

¼ cup sugar

2 tsp butter

1 Tbsp ground cinnamon

2 Tbsp almond milk,
unsweetened

DIRECTIONS

Preheat an 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.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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