



No Pie Apple Pie (Alternative)

Ingredients:

- 2 tbsp. ground cinnamon
- 1 tsp ground nutmeg
- ½ tsp ground allspice
- ¼ tsp ground cardamom (optional)
- 3 large honey crisp apples, peeled, halved, and cored
- 4 tbsp softened margarine
- 2 packets Splenda/Stevia
- 1 packet Diet Right Chocolate Caramel Granola
- Pinch of salt

Directions:

1. For the apple pie mix, mix all spices in a small bowl. (Alternatively, use 3 tbsp. apple pie spice, premixed).
2. For the apples, preheat the oven to 400° F.
3. Place the apple halves core-side down on a flat surface. Before slicing, place chopsticks or wooden spoons on either side of them to make sure you don't cut all the way to the bottom of each apple half at 1/4th- inch intervals, then place them on a sheet pan.
4. Mix 1 tbsp margarine, 1 packet of your sweetener and 2 tsp of the apple pie spice. You may add some water to thin if you prefer.
5. Drizzle over the apples, making sure they are well coated, and the drizzle goes into the slits.
6. Bake until they are just starting to get tender, about 15 minutes.
7. Meanwhile, mix granola, salt, remaining melted margarine, second packet of sweetener and remaining apple pie mix. Sprinkle the mixture over the apples, making sure to get some between the slices without breaking the apples. Bake until the topping is slightly crisp and golden, another 10 minutes.
8. Enjoy as your fruit serving with your breakfast on Alternative, or in Phase 3!

Servings: makes 3 servings.

Each serving = 1 Group Choice 1 serving (fruit), 1 extra, daily healthy fat.

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