

Grandma's Apple Pie

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Serving: 6

Serving size: 1 slice

Ingredients	Quantity	Measure
Granny Smith Apples, peeled, cored, and sliced	2	pounds
Unsweetened frozen apple juice concentrate, thawed	12	ounces
Salt	1	teaspoon
Cornstarch, divided	3	Tbsp.
Cinnamon, ground	1	Tbsp.
Nutmeg	1	tsp.
Plant-based pie crust, prepared, unbaked	2	each

Preparation

1. Preheat oven to 350 degrees Fahrenheit.
2. Soak apples in the thawed apple juice concentrate and salt. Allow to soak for 15 minutes.
3. Drain the apples, reserving the liquid. Add 1 tablespoon cornstarch to the apples and mix well. Place into pie crust, keeping the slices close together.
4. In a small bowl, whisk together $\frac{1}{4}$ cup of the reserved apple liquid and 2 tablespoons cornstarch. Place the remaining reserved apple liquid into a pot and add the cinnamon and nutmeg and whisk well. Bring to a boil. Add the cornstarch slurry and allow to thicken. Once a thick sauce consistency, pour over the apples in the pie crust using a ladle or large spoon to get into bottom of the pie.
5. Add the remaining pie crust to the top of the pie and cut decorated vents for steam to escape. Crimp the edges together.
6. Bake for 30 minutes, or until the apples are cooked through.

Nutrition Information

 *From USDA Nutrient Database

Calories: 304 Total Fat: 10.9g Saturated Fat: 2.7g Monounsaturated Fat: 4.6g Polyunsaturated Fat: 2.7g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 48.9g Fiber: 6g Total Sugar: 23g Protein: 2.7g Sodium: 552.4mg Vitamin A: 9 μ g Vitamin C: 18.1mg Calcium: 25mg Iron: 1.26mg Folate: 9 μ g

