

SNACKS & DESSERTS

Apple Pie Slow-Cooked Apples

Makes 7 servings · about 1 cup each

SATIETY SCORE	NUTRITION
● ● ● ○ ○ 3 / 5	HIGH
Per serving (approx.): Protein 1 g · Fiber 5 g · Calories 120	

Ingredients

- 12 small sweet-tart apples (2-inch diameter)
- 1 Tbsp Apple Pie spice blend

Directions

1. Peeling is optional. Slice or chop the apples to the desired size.
2. Place the apples in a slow cooker and sprinkle the spice blend evenly over them.
3. Cover and cook on high about 3 hours (less for firmer apples, more for softer).

Note: Spice to preference — less for a lighter flavor, more for fuller flavor. Top with Greek yogurt for extra protein.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 12 small sweet-tart apples (2-inch diameter)

CHECK YOUR PANTRY

- ☐ Apple pie spice