

Apple Pie Slow-Cooked Apples

nuSTART

SNACKS & DESSERTS

Slow cooker • ~3 hr • Serves 7 • about 1 cup each

CALORIES 135 • PROTEIN 1 G • FIBER 6 G



INGREDIENTS

- 12 small sweet-tart apples (about 4 lb)
- 1 Tbsp Apple Pie Spice

NUSTART KITCHEN

DIRECTIONS

- 1 Slice the apples about ½ inch thick. Leave the skins on for the fiber; peeling is optional.
- 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).

WHAT MAKES THIS FILLING. Apples bring plenty of fiber and almost none of the protein that works alongside it: about 6 grams of fiber a serving against 1 gram of protein. Leaving the skins on protects most of the fiber, and a spoonful of Greek yogurt on top adds the protein.

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

Apple Pie Spice (Fresco Spice Blends): cinnamon, nutmeg, allspice, cloves. To mix your own, about 1 Tbsp: 2 tsp ground cinnamon, ½ tsp ground nutmeg, ¼ tsp ground allspice, and ⅛ tsp ground cloves. Cloves take over quickly, so start light. Check the label if you're avoiding something specific.

Protein is shown in grams. Per-serving values are from USDA FoodData Central reference amounts, approximate, and vary with brand, variety, and preparation.

*The topping adds: Fage Total 5% plain Greek yogurt, per ¾-cup serving: about 160 calories and 15 g of protein, no fiber (from the product's label). A few spoonfuls add about a third of that.

