



## Healthy Apple Pie

\*Use Organic Ingredients when possible

### **Filling Ingredients:**

8-10	Apples (combo of red and green)
½	Lemon or Lime (or organic lemon or lime juice in a squeeze bottle)
1 Tbsp	Vanilla
	Cinnamon to taste
	Nutmeg to taste
1	Packet stevia (optional)

### **Instructions:**

- Peel, core and slice into thin slices all the apples
- Peel and juice the lemon or lime and set aside
- Sauté the apples in the lemon or lime juice, add the cinnamon, nutmeg and vanilla. Sauté on medium heat until apples are soft. You may add more lemon or lime juice or add a small amount of filtered water if you desire softer apples and the liquid has evaporated.
- Cool apple mixture for about 15 minutes before pouring over crust.
- Refrigerate if you prefer to eat your pie cold

### **Pecan Crust Ingredients:**

2 & ½ Cups	Pecans
1 Cup	Dates (I prefer organic Medjool Dates and don't forget to pit them)
¼ tsp	Celtic Sea Salt

### **Instructions:**

- Use a glass pie plate or a 10" spring form pan rubbed with coconut oil
- Process pecans in food processor on high until they form a fine meal
- Add pitted dates (one at a time allowing them to combine). Continue adding dates until pecan/date mixture forms dough like consistency (you may not use all of the dates or you may need a few extra)
- Put the pecan/date mixture into pie plate or spring form pan and press down forming a crust
- Add the apple filling & enjoy!