

## Sugar-Free Apple Pie (Diabetic-Friendly)



### Ingredients

#### **Crust:**

- 1 1/4 cups all-purpose flour (or almond flour)
- 1/2 cup cold unsalted butter, cubed
- 1/4 tsp salt
- 3–5 tbsp cold water

#### **Filling:**

- 6 cups sliced apples (Granny Smith recommended)
- 1/2 cup erythritol or monk fruit sweetener
- 1 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 tbsp lemon juice
- 2 tbsp cornstarch (or almond flour)
- Pinch of salt

#### **Directions:**

1. Mix crust ingredients, form dough, chill 30 minutes.
2. Combine apples, spices, sweetener, lemon juice, and thickener.
3. Roll crust, fill pie dish, add filling.
4. Bake at 400°F for 20 minutes, then 350°F for 30–35 minutes.
5. Cool completely before slicing.

**Nutritional Information (approx. per slice, 1/8 pie):**

- Calories: ~215
- Total Carbs: ~31g
- Net Carbs: ~27g
- Fiber: ~4g
- Sugars (natural from apples): ~10g
- Added Sugar: 0g
- Fat: ~9g
- Protein: ~2g