

KRIS' low SUGAR APPLE PIE

Ingredients

6 cups peeled, cored, thin sliced, Honeycrisp apples

1 tsp ground cinnamon

½ tsp ground nutmeg

¼ tsp ground allspice

¼ cup all-purpose flour

¼ to 1/3 cup water

Pie crust to make a two crust pie

For top crust: 1 tsp cinnamon, 1 tsp sugar

Directions

In a sauce pan, combine all ingredients and up to a third cup of water until mixed well and apples are slightly soft. Pour into a pie shell; cover with top crust. Use 1 tsp cinnamon and 1 tsp sugar mixed to sprinkle on top crust.

Bake at 350F for 25-30 minutes. Cool before slicing.

TIPS:

Buy already made, roll out, pie crusts or two deep dish frozen pie shells and use one of them as the top crust.