



No-Sugar-Added Apple Pie

Makes 10 servings. Recipe from eatingwell.com.

Ingredients

- 2 (9-inch) frozen pie shells, preferably whole-wheat
- 5 pitted dates
- 2-4 tablespoons water, divided
- 5 medium Gala apples, unpeeled, cored and sliced 1/4-inch thick (7 cups)
- 3 teaspoons cider vinegar
- 1 1/2 teaspoons ground cinnamon

Nutritional info

Calories	254
Fat	13g
Carbohydrates	34g
Total sugars	18g
Protein	4g
Fiber	3g
Sodium	1mg
Potassium	169mg

Directions

1. Preheat the oven to 375°F. Remove pie shells from freezer to thaw slightly at room temperature.
2. Combine dates and 2 tablespoons water in a food processor; process until a thick, mostly smooth paste forms, 1 to 2 minutes, stopping to scrape down sides of bowl as needed. If needed, add the remaining 2 tablespoons water, 1 tablespoon at a time, to reach desired consistency.
3. Transfer the date paste to a large mixing bowl; add apples, vinegar and cinnamon. Stir with a rubber spatula until the apples are fully coated.
4. Transfer the apple mixture to one of the pie shells; pat into an even layer. Flip the other crust from its tin onto the top of the apple mixture; using a fork, crimp the top crust into the bottom crust to seal. Cut 3 (1-inch) slits into the top crust.
5. Place the pie on a rimmed baking sheet to catch any drips. Bake until the crust is golden brown and the apples are tender, 45 to 55 minutes. Transfer to a wire rack to cool completely, about 2 hours.

To make ahead

Double-wrap unbaked pie in plastic wrap and freeze. Let stand at room temperature for about 1 hour before baking. Bake as directed in Step 4, adding about 10 minutes to the bake time. Store baked pie, covered, at room temperature for up to 2 days.