

RECIPE OF THE WEEK

Baked Zucchini Apple Spice

Ingredients

- 1 large zucchini (Cut into circles, then cut in half to make thin apple slices)
- 1/4 cup lemon juice
- 1 pinch salt

- 1 full droplet of Stevia Clear or two packets of Stevia.
- 1 tsp or more Apple Pie Spice
- 1 tsp vanilla extract



Preparation

1. Cut zucchini into circular disks, then cut in half to make apple slices
2. Toss together zucchini, lemon juice, and salt. Place mixture into frying pan and cook until tender-crisp.
3. Midway through cooking the zucchini, add in the spices, sweetener, and vanilla. You can use more than 1 tsp of the spice if you like it strong.
4. If making just the apples, lightly spray a glass pie pan with cooking spray or "I Can't Believe It's Not Butter" spray.
5. Lay down the zucchini pies like a pie.
6. Drizzle over the top any extra lemon juice.
7. Bake in the oven at 400°F (205°C) for 15-30 minutes until done. (taste at 15 min. Less time is crisp apple. More time is soft apple)

Making your own Apple Pie Spice

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| 1. 1/2 teaspoon ground cinnamon | 4. 1/8 teaspoon finely ground cardamom |
| 2. 1/4 teaspoons ground nutmeg | |
| 3. 1/8 teaspoon ground allspice | 5. Approved for Phase 1 to 3 |

