

Cinnamon Apple Pie



Serving Size

1 piece (8 total)



Skill Level

Moderate



Diet Type

Dialysis

Ingredients

- 4 large apples
- 1/3 cup granulated sugar
- 5 tbsp unsalted butter
- 2 tsp cinnamon
- 1 tbsp brown sugar
- 2 1/2 cup all purpose flour
- 3/4 cup shortening
- 1/3 cup water

Directions

1. Preheat oven to 420°F.
2. Peel apples and remove core.
3. Place prepped apples in a bowl along with cinnamon, butter, and sugar.
4. Make crust by mixing together flour, shortening, and water. Use a dough blender to help mix ingredients.
5. Use half of the dough to cover bottom of pie pan and add in apples.
6. Roll out other half of dough. Place on top of apples in the design of your liking.
7. Sprinkle brown sugar on top and bake for 1 hour.
8. Let cool and cut into 8 pieces

Nutrition Facts

Servings 1 piece (8 total)

Amount per serving

Calories 470

Sodium	45 mg
Potassium	170 mg
Phosphorus	58 mg
Carbohydrates	50 g
Protein	4 g