

SOUTHERN FRIED CINNAMON APPLES

By Dr. Cindy Tanzar
(Standard)

Instead of traditional apple pie, you can enjoy the all delicious flavors of this favorite dessert, without the added sugars and high-glycemic carbs. Adapted from Allrecipes.com, this recipe is very simple and won't leave you feeling deprived. Makes 4 servings. One serving covers your fruit and fat.



INGREDIENTS

½ cup (1 8-oz. stick) Kerry Gold butter
4 organic Granny Smith apples, peeled, cored and sliced
1/4-1/2 cup Swerve, to taste, or small amount of stevia to taste
1 Tbs. ground cinnamon (can add more to taste)

INSTRUCTIONS

Melt butter in a large skillet over medium heat. Stir in Swerve and cinnamon into the melted butter. Add apples and cook until they begin to soften, being careful not to overcook until mushy – approximately 5-8 minutes.