

[LOW CALORIE APPLE PIE RECIPE](#)



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Low Calorie and Healthy Apple Pie Recipe

Apple pies are great, but they can have a few too many calories for some diets. If you still want to enjoy this classic dessert, you can make it a little healthier by cutting some of the sugar. After all, the apples themselves add a fair amount of sweetness, so it really doesn't need a lot of sugar to make it delicious.

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Low Fat Apple Pie Recipe SparkRecipes Healthy Recipes

Mix Jiffy pie crust per directions on box to make two crusts. Put one crust into a 9-inch pie plate Place one layer of apples on crust, then sprinkle with cinnamon, nutmeg, Splenda, and corn starch.

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Low Calorie Apple Tart Low Carb Low Calorie Lo Dough

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Healthier Apple Pie by Grandma Ople Recipe Allrecipes com

"Apple pie is my favorite pie. I make it for holidays and just because sometimes too. I wanted to cut out some of the fat from the butter so I cut it down and eliminate the sugar.

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Healthy Apple Pie Recipe Completely Vegan

The following healthy apple pie recipe relies on naturally sweet apples and cinnamon for sweetness, and you have the option of using stevia if you want to cut back on the sugar even further. Even if you opt to use real sugar here, the sugar will still only be around half the amount called for in traditional Dutch apple pie recipes.

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Low Calorie Apple Pie Recipe Cooks com

Make the pie crust according to your recipe. Roll out the pie crust to fit an 8 or 9 inch pie pan. Arrange the apple slices in the crust, sprinkle with tapioca, sugar substitute and cinnamon. Roll out the remaining pie crust and place on top. Slit the top of the crust. Bake at 400 degrees for 30 minutes or until apples are tender.

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The Best Apple Pie for Dieters Verywell Fit

The calories in a piece of apple pie can vary significantly. As you might imagine, pre-packaged pies tend to be higher in fat and calories. There can be as many as 296 calories in one slice when it is commercially prepared, though the USDA indicates an average of 237 calories. The treat also provides nearly 14 grams of fat and 20 grams of sugar.

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Healthy Apple Pie Recipes EatingWell

In this healthy apple pie recipe, a touch of maple syrup spiked with lemon zest, cinnamon and ground ginger coats the apples while they bake. Serve this amazing homemade pie with lightly sweetened whipped cream or a small scoop of vanilla ice cream.

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