

Low Iodine Apple Pie

Ingredients

- 6 - 8 medium apples peeled, cored and sliced
- 1 cup sugar
- 1/2 teaspoon non-iodized/non-sea salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 2 Tablespoons flour

Optional Crumb Topping

- 1/2 cup flour
- 1/2 cup sugar
- 1/4 cup Spectrum shortening

LID-Safe Pie Crust

- 1 1/2 cups flour
- 1/2 cup LID-safe shortening
- 1/2 teaspoon non-iodized/non-sea salt
- 4 to 5 Tablespoons cold water

Contributed by Kimberly T.

Find this recipe in our
free Low-Iodine cookbook

Directions

Combine all ingredients and pour into an LID-safe unbaked pie crust. Top with an additional crust or the crumb topping.

Bake at 425 degrees F for 15 minutes then lower temperature to 350 degrees F for 30 to 40 minutes until you hear bubbles

Pie Crust Directions:

Combine flour & salt. Cut in shortening to make crumbs that are roughly the size of peas or smaller. Drizzle cold water until just combined. You can use the pie crust right away or set it in the refrigerator for later use. Double this recipe for a two-crust pie. To roll out, dust rolling pin and counter-top with flour and roll out crust to fit pie pan. Use for a variety of pies.



#NationalApplePieDay
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