

# Apple Pie

**Description:** this classic desert can be batch made. Freeze until needed.

## Ingredients:

6g coconut flour

24g almonds, flaked and ground

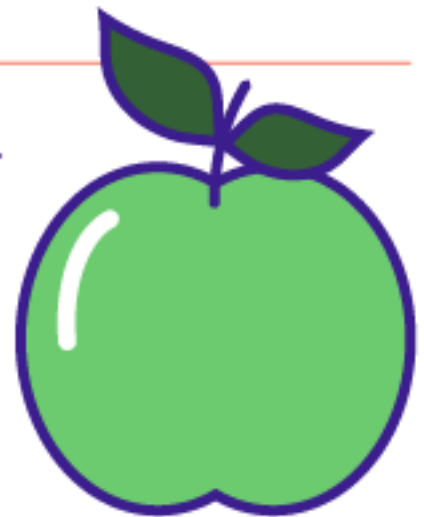
13.5g KetoCal 4:1 Powder (Vanilla)

15g butter, salted

61g apples, cooking, raw, flesh only, peeled

10g icing sweetener

1g cinnamon, ground



## Directions:

1. Peel and core then slice the apples. Place in a bowl and sprinkle over the cinnamon and sweetener. Stir to coat the apples and place to one side.

2. In a bowl mix the ground almond and coconut flour and ketocal then mix in the butter until it looks like bread crumbs. Add cold water until you have a pastry the texture of play dough.

3. Chill the pastry for 20 minutes, once chilled push the pastry into a loose bottom flan tin with your fingers until evenly covered.

4. Add the apples and bake at 170c for 15/20 minutes until the apple has softened and the pastry is golden around the edges.

Serve hot or cold.

## Nutritional information (for entire recipe):

Carbohydrate: 8.96

Calories: 409

Fat: 36.51

Protein: 8.43

Ratio: 2.1:1



### Disclaimer:

This recipe is for patients or carers of patients who have been prescribed the KetoCal range by a healthcare professional. The KetoCal range are Foods for Special Medical Purposes, for the dietary management of drug resistant epilepsy, and must be used under medical supervision. Always follow the advice of your Healthcare Professional and ensure you consult them before making any changes to your diet.

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