

# Old Fashioned Apple Pie

## Ingredients:

Pastry for 2-Crust Pie  
1 Cup Sugar  
2 Tablespoons Flour  
1 Teaspoon Cinnamon  
1/8 Teaspoon Nutmeg  
7 Cups Sliced Peeled Apples  
2 Tablespoons Margarine

## Directions:

Combine sugar, flour, cinnamon, and nutmeg. Mix lightly through apples. Heap apples in pastry-lined 9-inch pie pan. Dot apples with margarine. Adjust top crust and cut vents. Bake at 425 degrees for 50 to 60 minutes, or until crust is browned and apples are tender. Cut into 10 slices.

Renal                      and                      Renal                      Diabetic                      Exchanges:

Each slice equals:

1 Unsalted Starch  
½ Fruit  
2 Calorie Boosters

This recipe was found in the book "Creative Cooking for Renal Diets."