



The Best No-Sugar-Added Apple Pie

This no-sugar-added apple pie gets its natural sweetness from antioxidant- and fiber-rich dates. Cider vinegar helps to enhance the flavor. We like Gala apples for their sweetness and crisp texture, but any sweet, firm apple will work well. If you like your apple pie on the tart side, add a Granny Smith to the mix. We use frozen pie crusts for the bottom and top of the pie. The dough should release easily from the tin for the top crust within about 10 minutes out of the freezer. If not, let it sit out a bit longer until it releases easily.



Active Time: 15 mins Total

Time: 3 hrs 10 mins

Servings: 10 servings

Nutrition Profile: Sesame-Free

Nut-Free Dairy-Free Soy-Free

Vegan Vegetarian Egg-Free

Ingredients

- 2 (9-inch) frozen pie shells, preferably whole-wheat
- 5 pitted dates
- 2-4 tablespoons water, divided
- 5 medium Gala apples, unpeeled, cored and sliced 1/4-inch thick (7 cups)
- 3 teaspoons cider vinegar
- 1 1/2 teaspoons ground cinnamon

Directions

- 1) Preheat the oven to 375°F. Remove pie shells from the freezer to thaw slightly at room temperature.
- 2) Combine dates and 2 tablespoons of water in a food processor; process until a thick, mostly smooth paste forms, 1 to 2 minutes, stopping to scrape down sides of bowl as needed. If needed, add the remaining 2 tablespoons water, 1 tablespoon at a time, to reach desired consistency.
- 3) Transfer the date paste to a large mixing bowl; add apples, vinegar and cinnamon. Stir with a rubber spatula until the apples are fully coated.
- 4) Transfer the apple mixture to one of the pie shells; pat into an even layer. Flip the other crust from its tin onto the top of the apple mixture; using a fork, crimp the top crust into the bottom crust to seal. Cut 3 (1-inch) slits into the top crust.
- 5) Place the pie on a rimmed baking sheet to catch any drips. Bake until the crust is golden brown and the apples are tender, 45 to 55 minutes. Transfer to a wire rack to cool completely, about 2 hours.

To make ahead Double-wrap unbaked pie in plastic wrap and freeze. Let stand at room temperature for about 1 hour before baking. Bake as directed in Step 4, adding about 10 minutes to the bake time. Store baked pie, covered, at room temperature for up to 2 days.

Nutrition Information

Serving Size: 1 slice Calories 254, Fat 13g, Saturated Fat 6g, Cholesterol 0mg, Carbohydrates 34g, Total sugars 18g, Added Sugars 0g, Protein 4g, Fiber 3g, Sodium 1mg, Potassium 169 mg