

SQUASH “APPLE” PIE FILLING

By Dr. Cindy Tanzar
(Standard & Maintenance Plans)

Missing the taste of apple pie? This is a fun little recipe to help curb some cravings around the holidays. Of course, we have the Southern Fried Apples recipe, however, many of our clients are unable to eat fruit due to difficult weight loss. This recipe uses yellow squash as an apple replacement with a wonderfully spicy sauce. While this dish is vegetable-based and allowable, you shouldn't eat it every day because of the Swerve/allulose sweetener. It's fine now and then, but these sweeteners should not be for everyday use.

Makes about 4 servings. The recipe is also easily doubled. One serving is 1 cup and covers your vegetable and fat for one meal.



INGREDIENTS

- 3 Tbsp lemon juice – divided
- 1/2 Tbsp unflavored gelatin powder
- 1/4 cup Kerry Gold butter
- 2 Tbsp Swerve granular or allulose (Kroger/Walmart/Amazon)
- 1-1/2 tsps. apple pie spice (or 1 tsp cinnamon & 1/2 tsp. nutmeg)
- 4 cups medium yellow squash (3-4 depending on size), peeled and diced into 1/2-inch pieces



1/2 tsp. pure vanilla extract
1/4 tsp. pure maple extract

INSTRUCTIONS

In a very small bowl, whisk the gelatin with 1.5 Tbsp lemon juice. Set aside to thicken. It will be somewhat hard.

Melt the butter over medium heat in a large saucepan. Stir in Swerve/allulose, 1.5 Tbsp lemon juice and apple pie spice. When thickened, add gelatin mixture and whisk until dissolved.

Add diced squash and bring to a simmer over medium heat then reduce heat to medium-low/low for about 30 minutes. Squash will become very soft and the mixture thickened.

Stir in vanilla and maple extracts.