

WEIGHT ★ NO ★ MORESM DIET CENTER



No one does what we do!



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WeightNoMoreDC



COATED APPLES

Stabilization (Week 3) & Maintenance

Ingredients

½ cup ground walnuts, almonds, or a mixture of the two
4-6 packages Splenda (or other sugar substitute)
½ TSP cinnamon
5 small Cortland, Macintosh and/or Granny Smith apples
lemon juice
2 egg whites
1 TBS dry red wine
1 TSP vanilla extract
non-stick cooking spray

Instructions

1. Mix ground nuts with sugar substitute and cinnamon, and set aside.
2. Peel and carefully core the apples, making sure the apples stay whole. Then, slice the apples through the width, 1/8-inch thick (4 to 5 slices per apple). The slices will have a hole in the center. Sprinkle the slices with lemon juice to prevent them from turning brown.
3. Mix the egg whites, wine and vanilla extract. Dip the apple slices in the egg white mixture, then in the nut mixture, coating well.
4. Spray liberally with non-stick cooking spray. Bake on a baking paper-lined cookie sheet at 350° for 45 minutes.

Portion-Per-Serving Information (Serves 5): Serving = 3-4 slices = 1 FR, ½ FT