

Mark Drugs Pharmacy

ROSELLE

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Crustless Apple Pie

(Granny Smith Apples are the most flavorful but any apple will work)

4 medium to large apples of your choice
Vanilla Crème Liquid Stevia
Ground Nutmeg
Ground Cinnamon

1. Pre-heat oven to 425 F
2. Wash apples and place on side & cut in half. Core apples with a small paring knife.
3. With the paring knife, lightly score the surface of the apples.
4. Place about ½ inch of water in the bottom of a pyrex roasting pan
5. Place the apples (skin side down) in the water
6. Place a thin line (circle) of the Vanilla Crème Liquid Stevia around the surface of each apple – (you will not need much)
7. Sprinkle each apple with nutmeg lightly and cinnamon generously or to taste.
8. Place in oven for 25-30 minutes or until apples bubble on surface and skin starts to drop from top edge of apples.
9. Serve warm with fork and knife.

Makes 4 fruits

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HCG Approved Caramel Flavored Apple Slices

(This will make a plain apple into a satisfying dessert that will satisfy your sweet tooth and fill you up)

1 medium to large apple of your choice
English Toffee Flavored Liquid Stevia

1. Wash apple & slice it into ¼-1/2 inch wide slices
2. Arrange slices on a plate
3. Place 2-3 drops of English Toffee Flavored Liquid Stevia on each slice of apple.
4. Eat each slice slowly and savor how decadent and delicious it is (with less than 70 calories total)

Makes 1 fruit