



Nadine's Apple "Pie"

Ingredients:

1-2 Apples (Fuji, Brae burn, Gala work best)
1-2 cups Cooked Rice (Wild Rice Blend or Black Rice are lovely)
Udo's Essential Oil
Pam Cooking Spray
Spices... apple pie spice or just cinnamon

Directions:

- Cut up apples into small chunks.
- Sauté the apples in Pam at medium heat.
- Once they are browned and Juicy, add in your Spices to flavor
- Add in the cooked Rice. Heat this mixture until the rice absorbs most of the juice from the apples.
- Remove from the stove, add the Udo's and mix well.

This is delicious right off the stove. It also reheats well to enjoy another time. Put your *Apple Pie* in a bowl, close your eyes, and be ready to visit flavor heaven!

My favorite variations of this recipe:

Fry the rice in Pam to make crunchy.

If your food plan allows.... Adding a *few* nuts to this dish is absolutely heavenly.

~Nadine