

## CINNAMON FRIED APPLES

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Craving apple pie without all of the carbs? Give this recipe a try! Sweet cinnamon fried apples with crispy tortillas on top are best served alone or on a healthy chia pudding.

This treat is a quick and healthy alternative that everyone will love!

### **Ingredients:**

- 4 tbsp unsalted butter divided
- 3/4 cup erythritol or sugar alternative divided
- 3 tsp cinnamon divided
- 4 medium-sized apples chopped
- 1 tbsp lemon juice
- 1 low-carb tortilla

**Directions:**

1. Preheat oven to 400°F.
2. Cut strips circles from the low-carb tortilla and place into a large mixing bowl with 1 tbsp melted butter, 1/4 cup sugar alternative and 1 tsp. cinnamon. Toss until coated. Bake for 6 minutes on a cookie sheet.
3. Meanwhile, mix the chopped apples with lemon juice and the remaining sugar alternative and cinnamon.
4. Sauté in a frying pan over medium heat with the remaining butter until soft.
5. Serve by itself with tortilla pieces on top or over a simple, low-carb chia seed pudding.