



Weight Loss Done Right!

Baked Zucchini Apple Spice

Ingredients:

- One large zucchini cut into circles, then cut in half to make thin “apple” slices
- ¼ cup lemon juice
- 1 pinch salt
- 2 packets of Stevia
- 1 teaspoon, or more, of Apple Pie Spice **recipe below*
- 1 teaspoon vanilla extract

Directions:

1. Cut zucchini in circular discs, then cut in half to make “apple” slices
2. Toss together zucchini, lemon juice and salt. Place mixture into frying pan and cook until tender-crisp.
3. Midway through cooking the zucchini, add the spices, sweetener and vanilla. (add more or less to your taste)
4. If making just the apples, lightly spray a glass pan with cooking spray or “I Can’t Believe It’s Not Butter” spray. Lay down the zucchini slices like a pie. Drizzle over the top any extra lemon juice.
5. Bake in the oven at 400° F (205° C) for 15-30 minutes or until done. (taste at 15 minutes. Less time is crisp “apple”. More time is soft “apple”)

**Making your own Apple Pie Spice

Ingredients:

- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1/8 teaspoon ground allspice
- 1/8 teaspoon finely ground cardamom

Instructions:

1. Add ingredients to a small mixing bowl. Mix together until blended completely.