

Cottage Cheese Apple Pie Bars

Printable grocery list · Serves 8

CRUST

- ☐ 1½ cups whole wheat pastry flour
- ☐ ½ cup light whipped butter
- ☐ ¼ cup Lakanto monk fruit sweetener

FILLING

- ☐ 3 large eggs
- ☐ ½ cup Lakanto monk fruit sweetener
- ☐ 1½ cups fat-free cottage cheese, drained
- ☐ ¾ cup light sour cream
- ☐ 7 apples (Granny Smith, Gala, Fuji or Honeycrisp), peeled, cored & chopped
- ☐ 2 tsp ground cinnamon
- ☐ ½ tsp salt