

Nutrient Analysis

PER SERVING

1/6 of recipe

Renal exchange:

1 Starch + 1 Fruit

Calories **154Kcal**

Protein **2g**

Carbohydrates **22g**

Fibre **3g**

Total Fat **6g**

Saturated Fat **2g**

Cholesterol **0mg**

Sodium **106mg**

Potassium **102mg**

Phosphorus **29mg**

EASY FRUIT CROSTATA

INGREDIENTS

1 store-bought 9" pie shell

2 apples, peeled and thinly sliced

1 cup raspberries

1 egg white

1 tablespoon warm, liquid honey



PREPARATION: 10 MINUTES

COOKING: 30-40 MINUTES

6 SERVINGS

Tips

Try this recipe with other types of berries!

- 1** Preheat oven to 400°F.
- 2** Remove the pie dough from the aluminum pie pan and place on a baking sheet lined with parchment paper.
- 3** Spread apple slices over the pie dough, leaving a 1" border. Top apple slices with raspberries.
- 4** Gently fold the border over the apple and raspberry mixture to enclose the dough, pleating it to make a circle. Brush the pastry with the egg white.
- 5** Bake the crostata for 30 to 40 minutes or until the crust becomes golden and the fruit softens.
- 6** Drizzle the apple and raspberry mixture with honey and enjoy.