

## LOW-PROTEIN RECIPE - Dessert

### Apple Tapioca Dessert

Makes 8 servings - approximately 1 cup per serving.

#### Ingredients:

6 medium peeled and thinly sliced apples  
5 cups water  
1/2 cup tapioca  
3/4 teaspoon cinnamon  
1 1/2 cups sugar  
3 tablespoon margarine

#### How to Make:

Soak tapioca in water for 2 hours.  
Peel and slice apples.  
Cook tapioca, water, cinnamon, sugar and margarine over medium heat until clear, stirring constantly.  
Stir in apple slices.  
Bake uncovered at 350°F for 50 minutes.  
Chill.

#### Composition:

1 serving = 1 fruit  
1/2 fat  
(1/2 gram pro, 60 mg Na, 10 mg phos)

**Note:** Not for use by diabetics.