

# hCG diet

## Recipe of the Week

*(for phase 1 500/calories & phase 2 - maintenance)*

### Apple Bake

*1 Apple (slice and core) Place slices in baking dish.*

*Use a ziplock sandwich sprinkling cinnamon, 1 packet of stevia, pumpkin spice, ginger, or any other desired spice into the bag and shake. Clip one lower corner of the bag. Sprinkle spices over sliced apple pieces.*

*Take on Grassini Stick, put it into a sandwich bag. Crush with a rolling pin. Add one packet of Stevia sweetener. Shake bag and then pour ingredients into a small bowl. Add 1 tsp. of milk to moisten and then sprinkle on the apple slices.*

**Bake at 400 for 25 minutes.**

*Especially great for a late night, guilt free snack.*