



# Apple-icious Matzo Kugel



1/8th of recipe: 148 calories, 2.5g total fat (0.5g sat. fat), 244mg sodium, 28g carbs, 2g fiber, 10g sugars, 4.5g protein

**Prep:** 10 minutes    **Cook:** 50 minutes

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## Ingredients

- 4 sheets matzo
- 1/4 cup light whipped butter or light buttery spread
- 1 cup (about 8 large) egg whites or fat-free liquid egg substitute
- 2 tbsp. Truvia spoonable no-calorie sweetener (or another natural brand that's about twice as sweet as sugar)
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 1/2 tsp. salt
- 3 cups finely chopped Fuji or Gala apples (about 3 apples)
- 1/2 cup sweetened dried cranberries, chopped

## Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Break matzo into small pieces, and place in a large bowl. Add just enough warm water to cover, gently pressing down any pieces that float.

Soak until slightly softened, about 2 minutes. Drain well.

In a small microwave-safe bowl, microwave butter for 30 seconds, or until melted.

Transfer butter to a second large bowl. Add egg, sweetener, vanilla extract, cinnamon, and salt. Thoroughly whisk. Stir in matzo, apples, and chopped cranberries.

Transfer to the baking pan. Bake until lightly browned and cooked through, about 45 minutes.

MAKES 8 SERVINGS

**HG FYI:** If you keep kosher for Passover, check the specific products at the store to make sure they meet the requirements.

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