

Apple-Matzoh Kugel Lightened Up

★★★★★

Passover

Servings: 8 servings (Scaled 1/2x)

Description:

HALF Recipe = 4 points for 8 servings with monkfruit. I served with fat free greek yogurt sweetened. Delicious!

Ingredients:

3 large apples, Granny Smith or any tart apple, cored and cut into medium dice
1/4 cup brown sugar swerve or golden lakanto sweetener
1/8 cup orange juice

3 plain matzohs
4 eggs
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/2 cup swerve or lakanto granulated
2 TB light butter, melted
1/4 cup unsweetened applesauce
1/4 cup golden raisins
2 TB light butter, cut into small pieces, for casserole topping

Serve with fat free greek yogurt mixed with a little sweetener

Directions:

1. Preheat the oven to 350°F.
2. Toss the apples with the brown sugar and orange juice, set aside in a medium bowl.
3. Break the matzoh into 2- to 3-inch pieces and soak in 1 cup of warm water until soft but not mushy. Set aside.
4. While the matzoh soaks, beat the eggs with a wire whisk in a large bowl until blended. Add the salt, sugar, cinnamon, melted light butter, applesauce and raisins.
5. Squeeze the liquid from the softened matzoh and add the matzoh to the egg mixture with the apples. Stir the kugel well and pour into a lightly greased 2 1/2-quart casserole dish or a 9x13 -inch pan. Dot the top of the kugel with the 2 tablespoons of light butter.
6. Bake the kugel for 1 hour. Cover the top with foil if the top begins to become too brown early in the baking.

Source Based on: <https://www.epicurious.com/recipes/food/views/apple-matzoh-kugel-104862>