



Visiting Nurse Association
of Northern New Jersey

175 South Street, Morristown, NJ 07960 | 1-800-WE VISIT | Fax: 973-538-1689 | vnannj.org

No-Sugar-Added Apple Pie Shopping List

- 2 9-inch frozen pie shells (preferably whole wheat)
- Pitted dates
- Gala apples
- Apple cider vinegar
- Ground cinnamon