

Apple Pie with a Gluten-Free Crust

For a special occasion, I enjoy baking an apple pie and sharing with friends and family. This crust is much healthier without the inflammatory gluten compounds and it has a lower glycemic load than you would find with a traditional wheat flour crust. Yet for me this crust is still flaky and flavorful. You can substitute the apple with other fruit options in the pie as desired.

Prep Time: 50 Minutes

Refrigeration Time: 1 Hour

Baking Time: 30 Minutes

Crust:

1.5 cups almond flour (blanched, super finely ground almond meal)

½ cup oat flour

½ cup organic rolled oats

½ teaspoon sea salt

1 cage-free organic-raised egg, whisked

¾ cup organic, unsalted, cold butter, cut into ½-inch cubes

Filling:

4 medium apples, sliced thinly

1 tablespoon lemon juice

2 tablespoons salted butter

2 tablespoons water

½ cup maple syrup

1 teaspoon ground cinnamon

¼ teaspoon ground nutmeg (freshly grated is best)

¼ teaspoon sea salt

6 tablespoons water

2 tablespoons Kuzu powder (or 1 tablespoon cornstarch)

Optional garnish, organic whipped cream

Directions:

In a food processor, pulse almond flour, oat flour, rolled oats, and salt until well mixed. Whisk the egg in a bowl, then pulse the egg with the dried ingredients. Next add cubed butter and pulse until pea-size pieces of butter and dough form. Press the dough into a ball and refrigerator for 45-60 minutes (or up to 3 days covered).

Preheat the oven to 325 degrees F.

Line a 9-inch pie plate with parchment paper. Flatten dough in the pie plate, press into the bottom, and up along the sides. Indent the edges if desired. Poke holes in the bottom and sides using a fork to prevent bubbling. Trim any loose edges of the parchment paper.

Bake in the oven on a middle rack for 15 minutes.

Meanwhile, combine sliced apples and lemon juice together in a bowl and mix well until apple is coated with juice.

(Apple Pie Cont.)

Add butter, water, maple syrup, cinnamon, ground nutmeg, and salt in a medium saucepan over medium heat, until the butter melts. Add apples and lemon juice and stir. Heat for about 8-10 minutes with an occasional stir, until apples begin to soften.

Combine remaining 6 tablespoons of water with kuzu (or cornstarch) and stir until mixed. Stir into the apple mixture and heat another 2 minutes.

When pie crust has baked for 15 minutes, remove from the oven.

Preheat the oven to 375 degrees F.

Pour hot apple mixture into the crust. Place pie plate on a middle rack in the oven and bake for 25-30 minutes. Let cool on a wire rack for 5 minutes before serving. Optionally garnish with organic whipped cream and a dash of ground cinnamon.

Enjoy,

Steven Masley, MD