

Easy Apple Pie Recipe

Compared to other recipes, this apple pie has half the sugar. It also uses healthy avocado oil (unsaturated) vs shortening or lard (trans and saturated fats). Feel free to adapt the flour, as suggested below. This version tastes amazing!

Ingredients:

For the crust:

- 2 cups/500ml all-purpose, whole wheat flour or spelt flour
- 2 tsp/10ml sugar
- 1 tsp/5ml freshly ground sea salt
- $\frac{2}{3}$ cup/175 avocado oil
- 3 Tbsp/45ml freshly squeezed orange juice

For the filling:

- 6 Granny Smith apples, peeled and thinly sliced
- $\frac{1}{2}$ cup/125ml sugar
- 3 Tbsp/45ml flour
- 1 $\frac{1}{2}$ tsp/7ml ground cinnamon
- 2 Tbsp/30ml freshly squeezed lemon juice

Method:

1. Preheat oven to 375°F.
2. To prepare the crust, mix together flour, sugar salt in a medium bowl.
3. In a 1 cup measuring cup, mix together oil and orange juice.
4. Add the wet to dry. Mix until a crumbly dough is formed.
5. Press about $\frac{2}{3}$ of the dough into a pie plate. Reserve the remaining $\frac{1}{3}$ to crumble over the filling.
6. To prepare the filling, mix together the sugar, flour, and cinnamon in a medium bowl. Set aside.
7. Prepare the apples by peeling, coring and thinly slicing them. Place in a bowl with lemon juice.
8. Evenly incorporate the sugar and flour mixture. Stir gently to coat.
9. Pour the seasoned apples onto the pie crust. Crumble the reserved topping over the filling.
10. Bake for 60 minutes or until top is brown and filling is bubbly.