

# WILDFIT APPLE PIE

<b>PREP TIME</b> 40 mins	<b>COOK TIME</b> 30 mins	<b>TOTAL TIME</b> 70 mins	<b>SERVES</b> 8-12
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Author: [Ariel Richards](#)

Living WildFit



## INGREDIENTS & EQUIPMENT

### For the Pastry:

2 C almond flour  
1 C of coconut flour  
¼ C of tapioca flour  
3 Tbsp ground flaxseed  
½ C of cold water  
2 egg  
½ C coconut oil  
1 tsp baking soda  
¼ tsp salt

### For the Filling:

6 medium-sized baking apples  
Juice of ½ a lemon  
⅓ C maple syrup (honey if preferred)  
1 Tbsp tapioca flour  
2 tsp cinnamon  
1 tsp nutmeg  
¼ tsp of ginger (optional)  
⅛ tsp cloves  
1 Tbsp vanilla extract

### Equipment:

Food Processor (not necessary but helpful)  
9-inch pie pan  
parchment paper or silicone baking sheets  
rolling pin (or pizza roller)

## PREPARATION

1. First, mix your flaxseed meal with water and stir together. Set in the fridge to further cool a few minutes.
2. Next, add the dry ingredients to your food processor and pulse to combine. Then, add the coconut oil and pulse until the oil is cut into the dry and a crumbly dough has formed.
3. Finally, add the eggs and flax mixture to the dough and pulse until the dough is a ball.
4. Separate into two balls. Take one ball and place between two pieces of parchment paper (or silicone sheets). Roll the dough into a large circle so that it'll fill a 9-inch pie pan. Peel off top parchment paper and carefully flip the rolled dough into the pie pan. Gently peel off the other piece of parchment paper and push down into the pie pan from the top of the dough to form the pie crust. Fill up any holes or cracks.
5. Trim the excess pastry, and use cookie cutters or a knife to form leaf decorations.
6. Take the remaining half of the dough and roll into circle as the other. Place the dough into the refrigerator.
7. Peel the apples and slice them thinly. Toss in a large bowl with spices, maple syrup, vanilla and lemon juice, leave to rest 5-10 minutes. Add in the tapioca flour and mix well.
8. Preheat the oven to 375 F. Spoon the apple pieces into the pie crust, pressing down evenly. Pour any juice over the apples. Cover the pie with the top piece of pastry, remembering to be extra gentle, as this dough doesn't stretch. Close pastry edges, decorate with pastry leaves and cut vent arrows in the top.
9. Bake for 15 minutes until pie is bubbling hot, then reduce heat to 350F and allow the pie to come to a golden colour for another 10-15 minutes until the center cooked well.
10. Serve hot or cold, and if there are leftovers remember to keep them in the fridge!