

THINGS TO KEEP IN MIND

Apples are a versatile fruit that come in many varieties and are low in potassium. You can make this pie with a few different varieties or use one type of apple—your choice!

CRUST INGREDIENTS:

- 1 ½ cups of oat flour
- 2 tbsp of coconut sugar or sugar substitute
- ½ tsp of salt
- ¼ cup of olive oil
- 4 tbsp of water (as needed)

FILLING INGREDIENTS:

- 4 cups of chopped apples (peeled, cored, and diced)
- 2 tbsp of lemon juice
- 1 ½ cups of water
- 2 tbsp of butter or margarine
- 1 tsp of nutmeg
- ⅛ tsp of sea salt
- 1 tbsp of coconut sugar or artificial brown sugar sweetener
- 1 tbsp of cornstarch
- 1 tbsp of ground cinnamon
- ½ tsp of ground ginger
- ¼ tsp of ground cardamom
- 1 tsp of vanilla

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Apple pie with oatmeal crust

Directions

Preheat oven to 375 °F.

For the crust

1. Mix the oat flour, coconut sugar, and salt in a bowl. Add the olive oil and water until the dough becomes moist.
2. Grease a 9-inch baking pan with olive oil. Press the dough into the prepared pan until it's flat and even across the bottom and around the sides.
3. Bake at 375 °F for 10 minutes until golden brown.

For the filling

1. While the crust is baking, prepare the apple filling by placing the chopped apples, lemon juice, and ½ cup water in a bowl.
2. In a large saucepan, mix together butter or margarine, nutmeg, sea salt, coconut sugar, cornstarch, cinnamon, ground ginger, cardamom, vanilla, and 1 cup water until well blended, then add the chopped apples.
3. Bring to a boil, then reduce heat and simmer for 15 minutes, stirring occasionally until the apples are tender.
4. Pour the filling into the cooked oatmeal crust. (continued on next page)

OATMEAL TOPPING**INGREDIENTS:**

- ⅓ cup of old-fashioned oats
(can be substituted with quick oats)
- ¼ cup of all-purpose flour or
oatmeal flour
- ¼ cup of brown sugar or artificial
brown sugar substitute
- 3 tbsp of margarine or butter,
chilled

For the topping

1. Combine oats, flour, brown sugar, and margarine or butter in a small bowl; mix well.
2. Sprinkle on top of the apple pie (cooked crust and apple filling).
3. Bake at 375 °F for 30 minutes or until the topping is golden brown.