

Gluten, Sugar, Dairy Free Apple Pie

Pie Crust Ingredients

- 4 cups almond flour
- 3 tbsp Golden Lakanto (plus a little extra to sprinkle on top at the end)
- 1 tsp baking soda
- 1/4 tsp himalayan salt
- 1/2 cup lard, melted
- 1 egg, beaten
- 1 tbsp vanilla extract
- 1 extra egg white for egg wash



Supplies needed

- 9 inch pie pan
- Parchment paper
- Large cutting board or tray
- Rolling pin
- Mixing bowls
- Large frying or sauce pan
- Oven
- Aluminum foil

Pie Filling Ingredients

- 5 medium sized apples. (I like a mix of Granny Smith and Honey Crisp)
- 3 tbsp lard, butter, or coconut oil
- 1 tbsp lemon juice
- 1 tbsp vanilla extract
- 1 tbsp cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp ground ginger
- 1/2 cup Golden Lakanto
- 1 tbsp gelatin

Variations

If you prefer stevia instead of Lakanto, I'm sure it would still work! I've never tried this, but you could test it out.

If you don't want to use lard, butter or coconut oil would be a good replacement.

I've heard of people using summer squash instead of apples. You could experiment with this!

You can also bake single serving pies in cupcake tins. Follow the same process, but make lots of tiny pies instead of one big pie.

Instructions

1. Mix all the crust dry ingredients together
2. Add in the wet ingredients for the crust and mix by hand, fork, or an electric mixer.
3. Cut two large pieces of parchment paper (slightly bigger than your pie pan)
4. Place half the dough in between the pieces of parchment paper. It helps if you place a big cutting board under everything so that you can transport it later.
5. Roll out the dough (put your rolling pin on top of the parchment paper) into a circle big enough to fit in a 9 inch pie pan.
6. Remove the top piece of parchment, and carefully flip the pie crust into the pie pan. If you mess up or it rips, that's okay- just repair it with your fingers.
7. Take the other half of the dough and roll it out between two pieces of parchment into a large rectangle. Place this and the pie pan into the refrigerator while you make the filling.
8. Preheat the oven to 375 F
9. Peel and dice the apples.
10. In a large frying or sauce pan, heat the butter or lard (for the filling) over medium heat. Add in the apples, vanilla, lemon juice, spices, and lakanto. Sprinkle in the gelatin while stirring to avoid clumps. Once everything is thoroughly mixed, cover with the lid and cook for 2-3 more minutes. Turn off the heat and leave the filling in the pan, uncovered for 10 minutes.
11. While the filling is resting, take the pie crusts out of the fridge.
12. Remove the top sheet of parchment paper and cut long strips 1 inch thick.
13. Gently pour the pie filling into the pie crust.
14. Using two spatulas, transfer the crust strips one at a time to the pie to make a lattice crust.
15. Trim the excess and save in case you need more later.
16. Pinch the top edge of the pie crust so it is even all the way around. Use any excess crust to fill-in gaps around the edge.
17. Brush a small amount of egg white over the lattice crust and sprinkle with Golden Lakanto.
18. Make a dome with aluminum foil over the whole pie and place it in the oven. The foil should not be touching the crust at all. The foil will protect the crust from burning before the filling is done. Bake for 25 minutes.
19. Remove the foil and bake for another 15-20 minutes. Watch the crust carefully! If it starts to burn, put the foil back on. You should see the filling start to bubble in between the lattice crust.
20. Remove from the oven and let it rest for at least 20 minutes. Serve and enjoy!