



Apple Pie

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS : 12

PREPARATION: 15 MINUTES

COOKING: 60 MINUTES

INGREDIENTS

- 4 8-inch (20 cm) uncooked [pie crusts](#) or
2 10-inch (25 cm) deep plate uncooked pie crusts
- 950 g (8 cups) sliced apples
- 105 g (1/3 cup) maple syrup
- 90 ml (6 tbsp) tapioca starch
- 2.5 ml (1/2 tsp) ground cinnamon
- 0.5 ml (1/8 tsp) ground nutmeg
- 1 egg, beaten, for wash

PREPARATION

1. Preheat the oven to 180 °C (350 °F).
2. Line the bottom of a pie plate with one of the crusts.
3. In a large bowl, combine apples, maple syrup, tapioca starch and spices. Stir gently with a wooden spoon.
4. Pour this mixture into the pie plate and place the other crust on top, taking care to brush the edges with beaten egg to seal.
5. Make incisions on top to allow steam to escape and brush with beaten egg for a nice wash.
6. Bake on the bottom rack for about 60 minutes, or until crust is golden brown.
7. The cooking time will vary, depending on whether you use two 8-inch (20 cm) moulds or a single 10-inch (25 cm) mould.



The aroma of a baked apple pie always infuses the house with a sweet, comforting smell. Apples remind us of autumn, that beautiful season so rich in color!