

Peanut Butter Apple Pie

1 Serving
Ready in 60 Mins



Ingredients

Dry Ingredients

- * 3/4 Cup + 1 tsp Whole Wheat Flour
- * 1/8 teaspoon salt
- * 1/8 teaspoon cinnamon powder
- * 1 medium apple

Wet Ingredients

- * 1/8 cup + 1 tsp olive oil
- * 2 tbsp peanut butter
- * 2 tbsp honey
- * 1 tsp milk
- * 1/4 cup cold water

Method

1. Sieve or mix all the dry ingredients together – whole wheat flour and salt.
2. Add the olive oil and with your fingertips combine the oil in the flour evenly to get a breadcrumb consistency. Add water in parts binding the whole mixture together. Don't knead. Gather everything and form a dough.
3. Peel, core and slice the apples.
4. Mix the ground cinnamon, honey and whole wheat flour into the apples.
5. Preheat your oven at 200 degrees celsius for 15 minutes.
6. Grease your pie pan with olive oil.
7. Divide the dough into two equal parts depending on the size of your pie pans.
8. Take one portion of the dough on a dusted work surface. Use a rolling pin to roll the dough out into an even layer that is about 1/4 inch thick.
9. Place one of the rolled pie crust gently on the greased pan and press it towards the bottom and the sides.
10. Add a generous layer of peanut butter.
11. Arrange the apple filling evenly on top of it.
12. Top the apple slices with a few drops of olive oil.
13. Cover the pan with another rolled pie crust and fold the edges of the top crust over and under the bottom edges.
14. Cut through the top pie crust with a fork or knife from top so as to allow steam to pass while baking.
15. Brush with milk and drizzle some honey on the top.
16. Bake in a preheated oven at 200 degrees Celsius for 45-50 minutes or until the crust has become golden and crisp.

Critical Notes



Preparation

Rub the oil properly with the flours as this results in giving a flaky texture to the crust. The whole mixture should feel like breadcrumbs.

Storage

You can store the apple pie, covered in the fridge for 1 day or freeze it for 1 month.