

Grain-free Apple Pie Cups

Ingredients

Crust

- 1 cup almond flour
- 1 egg
- 1 tsp vanilla extract
- 1 Tbsp butter
- ½ tsp cinnamon
- 2 Tbsp honey
- 1/8 tsp salt

Pie Filling

- 6 Granny Smith Apples apples (4 for cups, 2 for filling)
- 1 tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp cloves
- 2 Tbsp honey

Directions

1. Preheat oven to 375C
2. Cut off the top of 4 apples and discard
3. Using a spoon or melon baller remove the insides of the apple carefully, ensure you do not puncture the peel
4. Set apples aside and work on pie crust
5. Combine all ingredients in a bowl and stir until well mixed
6. Spread dough between two pieces of parchment paper and roll out until about ¼ inch thick
7. Once rolled, put in freezer to solidify the pie crust
8. To make the pie filling, finely chop 2 peeled granny smith apples until they form very tiny cubes
9. Mix apples with spices and honey until well coated
10. Fill hollowed out apples with pie filling and set aside
11. Once well chilled, remove crust from freezer and top apples however you choose
12. The easiest method is to use a cup and cut a circle like shape out of dough and apply it on top of the apple. If you do this, ensure you make a few hole for steam to escape
13. Place apples in pan with enough water to just cover the base, cover with foil and bake for 20-25 minutes
14. Remove foil and bake for another 20 minutes or until crust is a dark golden brown
15. Serve immediately with a side of coconut milk ice cream!