

A CenFully Good Recipe from



Apple Pie

Serves 8

Ingredients

Coconut Crust

2 cups of Shredded unsweetened Coconut
1 tbl of agave nectar or 2 tbl granulated sugar
2 tbs butter
½ tsp grated lemon zest
(a separate batch using half of the above quantities can be made for a lattice top crust)

Pie

½ c agave nectar
¼ c buckwheat flour
¾ tsp cinnamon
¼ tsp nutmeg
Dash of salt
4 c thinly sliced and peeled Granny smith apples
2 c thinly sliced and peeled McIntosh apples

Instructions

1. Mix bottom crust ingredients until crumbly
2. Press mixture into bottom and sides of plate
3. Bake in preheated oven 5 minutes at 350
4. Peel and thinly slice apples
5. Place pie ingredients into sauce pan and simmer on medium heat for 3-5 minutes, constantly stir (apples should be warm but still a little firm)
6. Place pie ingredients into pie crust
7. Cover with lattice or full top (if used)
8. Cover with Aluminum Foil
9. Bake for another 10-12 minutes at 350
(or until crust is very lightly toasted, it will continue to darken as it cools)

Glycemic Index: Low

Glycemic Load: Low-Moderate