

Raw Apple Pie (GF, CF)

It is fall and apples are in season! This is one of my favorite desserts that is Gluten and Casein Free. Remember apples are #1 on the Dirty Dozen list, so only buy organic!!



- 7 - small Fuji apples
- Juice from 1/2 lemon
- 1/4 and 1/2 teaspoon cinnamon
- 1 cup dates
- 1/8 teaspoon lemon zest
- 1 raw pie crust recipe (see below)

Roughly chop 5 apples and pulse them in the food processor until they are in tiny pieces. Pour the lemon juice and 1/4 teaspoon cinnamon over them and dehydrate them on low for a few hours. In a blender blend 2 finely chopped apples (add to the blender first), 1 cup dates, 1/2 teaspoon cinnamon, and 1/8 teaspoon lemon zest to make an apple sauce. Mix the applesauce and the dehydrated apples in a bowl. Pour the mixture into a piecrust. Refrigerate for at least two hours.

Basic Almond Raw Pie Crust

- 1 and 1/2 cups raw almonds*
- 1 cup pitted dates
- 1/4 teaspoon cinnamon
- 1 teaspoon virgin coconut oil (optional)
- 1 vanilla bean seeds scooped out (optional)

Process almonds in a food processor with the s blade into coarse almond flour. Add the dates, coconut oil, and cinnamon to the food processor and process with the s blade until the mixture forms dough. Press the dough into a pie pan. *For a crispier crust you can soak the nuts and then dehydrate them before using.