

Secret Gluten Free Apple Crumb Pie

By Diane Kuehn

What is so secret about this pie? In addition to being **gluten free** and **dairy free**, it's **cane-sugar free**! Unsweetened apple sauce, pure liquid stevia, and a little maple syrup are used to sweeten it, all of which have a lower glycemic index than cane sugar (much lower in the case of stevia with its glycemic index of 0). The best part is that no one will guess that it's cane sugar free. Make this pie early on the day it is to be served for a firm filling (it needs about 2 hours to set). It can also be served warm. Leave out the pie crust for a cobbler! You will need either an 8-inch or 9-inch pie pan for this recipe.

Ingredients:

- 1 single-crust GF pie shell (see "Gluten-free One-mix Baking" for the recipe)
- 8 medium-sized green apples (5 cups sliced; about 525 g)
- ¼ c. tapioca starch (30 g)
- 1 t. cinnamon (3 g)
- ½ cup unsweetened applesauce (134 g)
- 45 drops alcohol-free liquid stevia
- ½ c. gluten-free flour mix (64 g)
- ¾ c. certified GF rolled oats or quinoa flakes (75 g)
- ½ t. cinnamon (1.5 g)
- ¼ c. shortening or lard (36 g)
- ¼ c. maple syrup (60 ml)



Preheat oven: 350° F

Directions:

Step 1. Follow the directions in "Gluten-free One-mix Baking" to make a single crust pie shell for a baked filling. Blind bake the pie crust (i.e., bake it without the filling) for 10 minutes. Remove it from the oven and let it cool to room temperature.

Step 2. Peel, core, and slice the apples (you will need 5 cups total) and place in a large mixing bowl. Sprinkle the tapioca starch and 1 teaspoon of cinnamon on the sliced apples. Gently mix with a rubber spatula till all of the fruit is coated with the starch and cinnamon.

Step 3. In a small bowl, mix together the unsweetened applesauce and liquid stevia. Pour this mixture over the sliced apples and mix to coat the apples.

Step 4. Carefully pour the sliced apples into the pie crust. Gently smooth the mound of apples and fill any gaps between apple slices with other apple pieces.

Step 5. For the crumb topping, combine the gluten-free flour mix, gluten free oats or quinoa flakes, and ½ teaspoon cinnamon in a medium-sized bowl. Add the shortening/lard and maple syrup. Mix well with your hands, till no lumps of shortening/lard remain (the mixture will be soft and sticky). Cover the top of the pie with crumbs by pinching crumbs off of the mixture and sprinkling them on top of the apples.

Step 6. Bake for 45 to 60 minutes, till the filling sounds like it is bubbling and the crumbs have turned a golden brown. Cool to room temperature before serving. Serve with coconut sorbet or ice cream.