



Bron: [Amanprana.eu](https://amanprana.eu) | Chef: 2 | Foto: Ellen Zaeyen | ©2

# Apple pie

## Ingrediënten

- 100 g butter
- 150g Amanprana extra virgin coconut oil
- 500 g flour
- 2½ dl concentrated pear juice (or agave syrup)
- 1 large egg
- 900 g apples
- 200 g raisins
- 25 g Amanprana coconut fibres
- 2 tablespoons of cinnamon
- A pinch of unrefined sea salt or Himalayan salt

## Extra info

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### Recept geschikt voor:

4 personen

### Moeilijkheid:

### Vorbereidingstijd:

minuten

### Bereidingstijd:

50 minuten

### Totale bereiding:

50 minuten

## Gebruikte producten

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De **Amanprana producten** die gebruikt zijn bij het maken van apple pie

## Bereiding

Preheat the oven to 180°C Beat the egg in a bowl and save the equivalent of 1 tablespoon to cover the pie. Mix together the flour, egg (at least the equivalent of 1 tablespoon), butter, coconut oil, salt and concentrated juice in a bowl with a fork and knead it (with cold hands) until you get an even ball of pastry. Place the pastry in the fridge. Wash the raisins and let them drain in a colander. Cut the apples in quarters, remove the cores and cut into thin slices. In a bowl, mix 25g of coconut fibres with 2 tablespoons of cinnamon. Take the pastry out of the fridge, sprinkle the work surface with flour and separate the pastry into two pieces - one making up 2/3 of the mixture and the other 1/3. Roll out the 2/3 piece into a circle and use it to cover the bottom and edges of the tin. Sprinkle the bottom of the pastry with a thin layer of cinnamon/coconut mixture. Arrange 1/3 of the apple slices on the pastry and then add 1/3 of the raisins and cover with a fine layer of cinnamon/coconut. Repeat this step twice and finish with a layer of cinnamon/coconut. Sprinkle the work surface with flour and roll out the remaining 1/3 of the pastry into a circle of 26 cm diameter. Cover the tart with this circle of pastry, making sure you press the two parts of the pastry together around the edges of the tin. Cover the pie with the remaining egg mixture. Place the pie on a grid in the middle of the oven, and in bake for around 50 minutes until golden. Delicious with slightly sweetened whipped cream or sour cream.

## Speciale wensen

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- [Vegetarian](#)