



High Fiber Apple Pie

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Ingredients

Pie crust:

2-1/2 cups oat flour

1 cup apple juice

Filling:

6 apples, peeled, cored and sliced

3/4 cup apple juice

1 tbsp lemon juice

1/2 tsp ground cinnamon

1/4 tsp ground nutmeg

1-1/2 cup rolled oats

1 cup apple juice

more:

1 to 2 tbsp light brown sugar

1 tsp cinnamon

butter

Instructions

Combine together the rolled oats with 1 cup apple juice, cover and set aside.

Pour the sliced apples into a deep saucepan, add 3/4 cup apple juice, the lemon juice, 1/2 tsp cinnamon and nutmeg. Pour over high heat, cover and cook about 15-20 minutes, until the juice is evaporated and the apples are soft.

Meanwhile prepare the pie crust: In a large mixing bowl pour the oat flour, make a well in the center and add the 1 cup apple juice. Stir first with a wooden spoon to

combine the ingredients, then roll it onto a working surface. Knead until reach a well workable dough. Sprinkle with some extra oat flour if it's sticking too much. Roll it with the rolling pin into a 1/2 inch thin pie crust. Pour into a lightly greased with butter round baking pan. Pit the bottom with a fork.

Preheat the oven to 350°F.

When the filling is ready pour it into the pie crust. Cover all with the rolled oats mixture. Sprinkle very well with light brown sugar and cinnamon. Arrange some little pieces of butter over the top. Pour in the preheated oven. Bake about 20-25 minutes. It depends very much from the oven. The recipe I have calls for 10 minutes baking time, but after that time I was afraid it was not ready yet, so I had to leave it more than 20 minutes. The top of this pie was sweet and crispy. It's very high in fiber and it's healthier than the original apple pie.