

Apple Tart

VEGAN + GLUTEN-FREE



CRUST INGREDIENTS:

- 3 cups millet flour
- 1½ cups almond flour
- ½ tsp sea salt
- ½ cup coconut oil
- ½ cup maple syrup

FILLING INGREDIENTS:

- 4 apples
- 2 Tbsp lemon juice
- 2 Tbsp maple syrup
- 3 Tbsp sliced almonds

GLAZE INGREDIENTS:

- ½ cup (gluten free) apricot jam or preserves
- 2 Tbsp water
- 1 tsp lemon juice



Tested and Approved by 86lemons.com

<http://86lemons.com/apple-tart>

Original Recipe Source:

By Sarah Yates at [A House in the Hills](http://www.ahouseinthehills.com)

<http://www.ahouseinthehills.com/ahouseinthehills/2013/2/4/apple-tart-vegan-gluten-free.html>

YIELDS: 8 servings

STEP 1:

Preheat oven to 350°F.

STEP 2:

To make the crust:

In a food processor, combine millet flour, almond flour and salt. Over a low flame, heat coconut oil and maple syrup; stir to combine. Add coconut oil and maple syrup to flour; pulse until combined.

STEP 3:

Spread dough in a 9.5 inch oiled tart pan (preferably with a removable bottom). Press down and fill sides to form a crust. Pierce crust with a fork several times and bake for 15 minutes. Remove from oven and flatten crust with a fork, pressing down to make it as compact as possible.

STEP 4:

To make the filling:

Peel and thinly (and evenly!) slice 4 apples and pile in crust. This is your opportunity to play a little with the apples and presentation. Combine maple syrup and lemon juice and brush over the apples.

STEP 5:

Sprinkle almonds on top and bake for approximately 1 hour, until the apples are soft and slightly browned.

STEP 6:

To make the glaze:

Combine apricot jam and water in a small pan and heat on low until the preserves are thinned. Remove from heat and add lemon juice, then pour mixture through a strainer to remove any apricot chunks. Brush tart with glaze and serve (preferably warm!).