



Gluten-Free Apple Pie

Recipe courtesy of UConn Dining Services | dining.uconn.edu/recipes

Yield 1, 10" pie

Pie Dough

9 oz rice flour
5 oz tapioca flour
1 tablespoon & 1 teaspoon sugar
1/2 teaspoon xanthan gum
1/2 teaspoon baking soda
1 tablespoon salt
4 oz shortening
3 oz butter
1/4 cup milk

1. Blend all the dry ingredients (rice flour to salt) together.
2. Mix in the shortening & butter. Breaking up the fats into small lumps.
3. Incorporate the milk a little at a time until the dough comes together.
4. Divide the dough into 2 balls, then wrap each in plastic wrap.

Apple Pie Filling

7 apples
10 oz. brown sugar
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1 tablespoon cornstarch
1/4 teaspoon salt
1 tablespoon lemon juice

1. Peel, core, and cut up the apples
2. Add the brown sugar, cinnamon, nutmeg, cornstarch, and salt. Mix everything together.
3. Add the lemon juice and mix everything together once again.

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Prepare Oven & Assemble Pie

1. Preheat oven to 400 degrees Fahrenheit
2. Roll out the pie dough to 1/8 of an inch and line the bottom of the pie plate.
3. Fill the bottom of the pie with your apple filling mixture.
4. Roll out the top of the pie to 1/8 of an inch as well. Lay it over the apple to form the top crust.
5. Pinch the top and bottom crusts together.
6. Cut a vent hole in the center of the pie.
7. Brush the outside of the pie with egg wash (1 egg, 1 teaspoon water)
8. Bake for 45 to 50 minutes or until golden brown.