

Rustic apple galette

Zutaten

For the crust:

- 1 tbsp ground flaxseeds
- 3.5 tbsp water
- 1 1/2 cups almond flour + more for dusting
- 3/4 cup tapioca flour
- 1.5 tbsp coconut sugar
- 1/4 tsp sea salt
- 1/4 cup coconut oil
- 1-3 tbsp water
- 2 tbsp almond milk (optional)
- 1 tbsp maple syrup to serve (optional)

For the filling:

- 3 red apples, cored and thinly sliced
- 1 tsp lemon juice
- 1 tsp cinnamon
- 1/2 tsp cardamom
- 2 tbsp coconut sugar

Zubereitung

Make the flax egg by mixing together the ground flaxseeds and water. Set aside.

In a food processor or bowl, combine the almond flour, tapioca flour, coconut sugar and sea salt. Process until combined. Add the coconut oil and flax egg and mix again, adding in the water bit by bit until the dough comes together. You may not need all of it. If you're mixing in a bowl, use your hands to bring the dough together at the end. Refrigerate the dough for 30 minutes.

Preheat oven to **350F**. Place a piece of parchment paper on a baking sheet and dust lightly with almond flour. Roll the dough into a 3-5 mm thick circle and place the filling in the middle, leaving 2-inches around the edge empty. Gently fold the sides up, creasing the dough as you go. You can use the parchment paper if needed so it doesn't break. Brush the dough with almond milk and bake for **35-45 minutes**, until browned. Let cool for **10 minutes** before cutting. Drizzle with maple syrup if needed.

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