

# Passover Apple Kugel (Gluten Free)

Recipe By *Nitra Ladies Auxiliary*



Cooking and Prep:  1  
h 15 m

Serves:  10

Contains:  

**Preference:** Parve

**Difficulty:** Medium

**Occasion:** Shabbat, Passover

**Diet:** Gluten Free, Vegetarian,  
Pescetarian, Low Fat

**Source:** The Heimishe

Kitchen (Nitra Cookbook)

**Cuisines:** Ashkenazi

We love that this kugel doesn't contain a lot of sugar. Choose a sweeter apple that will still hold up in the oven, like Honeycrisp or Pink Lady.

## Ingredients (7)

### Main ingredients

- 4 eggs, separated
- 1/2 cup sugar
- 8 apples, thinly sliced
- juice of 1/2 lemon

5 tablespoons Gefen Potato Starch

1 tablespoon oil

1/2 cup ground walnuts

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## Start Cooking

### Bake the Kugel

1. Beat egg whites until foamy. Gradually add sugar and continue beating until stiff.
2. In a separate bowl, beat yolks and add rest of ingredients.
3. Gently fold egg whites into batter.
4. Bake in 8- x 10-inch or 9-inch round baking pan at 350 degrees Fahrenheit for one hour.

#### Note:

This kugel can also be made without beating egg whites.

#### Variation:

Omit potato starch and increase nuts to 1 cup.

#### Credit

Photography and Styling by Elazar Klein Studio