

# Sugar-Free Apple Pie

Recipe By *Brynie Greisman*



Cooking and Prep:  1  
h 20 m

Serves:  10

Contains:  

**Preference:** Parve

**Difficulty:** Medium

**Occasion:** Shabbat, Shavuot,  
Rosh Hashanah

**Diet:** Vegan, No Refined  
Sugar, Salt Free, Vegetarian,  
Pescetarian

**Source:** Family Table by  
Mishpacha Magazine

When I first tried this recipe, I couldn't get over that it had no sugar at all. I've served it to company on many different occasions and everyone loved it and felt the same. I've experimented with different variations of sweeteners and flours and all were delicious. Yes, we ate A LOT of apple pie during that time, but no one complained! (I could think of worse things!!!)

## Ingredients (8)

### Pie Crust

- 1 cup whole wheat flour, 70%
- 1/2 teaspoon **Haddar Baking Powder**
- 1/2 cup oil

1/3 cup water, boiling

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## Filling

6 apples, peeled and thinly sliced

1 tablespoon whole wheat flour, 70%

5 tablespoons natural maple syrup

1 teaspoon cinnamon

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## Start Cooking

### Prepare Apple Pie

1. Mix all pie crust ingredients together in a bowl with a fork until they form a dough.
2. Divide in half.
3. Press one half on the bottom of a pie dish.
4. Roll out the other half on parchment paper, to fit the top of the pie, and set aside.
5. Mix all filling ingredients together in a bowl.
6. Pour onto pie crust.
7. Cover with prepared pie top.
8. Prick with a fork and bake at 350 degrees Fahrenheit (180 degrees Celsius) for 45-60 minutes.
9. Serve warm.

#### Note:

You can use any combo of the sweeteners you want. My favorite is date syrup (there is a variety without any sugar at all, just dates), maple syrup, and a little honey. I also once made it with 100% whole wheat flour by mistake (and it was for a friend's *aufref* no less!!!) and it was delicious as well. When I make it for Shabbos, I keep it on the corner of the blech and serve it warm. Sometimes I decorate it with a fan of apple slices and a few pomegranate seeds for color.

#### Tip:

You can make mini tarts (see photo) instead. When I did, I got six small tarts and five muffin size pies. You have to use approximately half the amount of apples and cut them in much smaller pieces (I sliced them in the food processor, and then using the knife attachment, I pressed pulse two or three times. Remember, you don't want mush). Make sure you grease the tartlet pans well so the pies will slide out. It's easier to remove when they are cold (from the fridge/freezer).

**Variation:**

You can use honey, apple juice concentrate, or date syrup instead of maple syrup .

**Credits**

Photography: Daniel Lailah

Styling: Michal Leibowitz