

# APPLE GALETTE

6 servings

prep time: 45 minutes

total time: 15 minutes



## INGREDIENTS

### For the Crust:

- 1 ½ cups rice flour
- ½ cup almond flour
- 1 tablespoon arrowroot powder or tapioca starch
- 2 teaspoons coconut sugar (optional, for a touch of sweetness)
- ½ teaspoon sea salt
- ½ cup cold unsalted butter or coconut oil, cubed
- 3-5 tablespoons cold water

### For the Apple Filling:

- 3 medium apples (Granny Smith, Honeycrisp, or your favorite baking apples), peeled, cored, and thinly sliced
- 2 tablespoons honey or maple syrup
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- 1 tablespoon arrowroot powder (optional, for thickening)

### Optional Glaze:

- 1 tablespoon honey or maple syrup, warmed slightly

# APPLE GALETTE CONT'D

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## DIRECTIONS

### Prepare the Dough:

- o In a large bowl, whisk together the rice flour, almond flour, arrowroot powder, coconut sugar (if using), and sea salt.
- o Add the cold butter or coconut oil and use your fingers or a pastry cutter to work it into the flour until the mixture resembles coarse crumbs.
- o Gradually add cold water, one tablespoon at a time, mixing until the dough comes together. Form into a disc, wrap in plastic wrap, and refrigerate for at least 30 minutes.

### Prepare the Apple Filling:

- o In a mixing bowl, toss the apple slices with honey or maple syrup, cinnamon, nutmeg, vanilla extract, and arrowroot powder until well coated. Set aside.

### Roll Out the Dough:

- o Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
- o Roll the chilled dough between two sheets of parchment paper into a rough 12-inch circle, about ¼ inch thick. Remove the top sheet of parchment and transfer the dough (with the bottom sheet) onto the baking sheet.

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## DIRECTIONS CONT'D

### Assemble the Galette:

1. Arrange the apple slices in the center of the dough, leaving a 2-inch border around the edges.
2. Gently fold the edges of the dough over the apples, overlapping slightly as needed to create a rustic border. Press gently to seal any cracks.

### Bake:

1. Bake the galette in the preheated oven for 35-40 minutes, or until the crust is golden brown and the apples are tender.

### Optional Glaze:

1. Remove the galette from the oven and brush the apples and crust lightly with warmed honey or maple syrup for a glossy finish. Let cool for 10-15 minutes before serving.