

# Mini Apple Tarts, Grain-free and Gluten-free

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1½ cups almond flour
- ½ cup tapioca flour (I used Bob's Red Mill)
- 1/3 cup coconut palm sugar
- 1 tsp ground cinnamon
- 6 tbsp cold butter
- 1 egg
- 4-5 apples, thinly sliced
- Juice from half a lemon
- 1/2 tsp coconut oil

## Instructions:

1. Preheat oven to 350 F. Grease 4 small tart pans with coconut oil. I used 3.5 inch tart pans. In a medium bowl, place sliced apples and sprinkle with lemon juice.
2. The easiest way to make the dough for the crust is to use a food processor using the "S" blade. Add the almond flour, tapioca flour, sugar and ground cinnamon to the food processor. Pulse to combine.
3. Add cold butter and egg. Pulse in food processor. Make sure you don't blend it constantly (just quick pulses) because the dough will get too warm and the oils will seep out of the almond flour.
4. Scoop the dough out and roll the dough into a ball and then flatten to a disc and wrap it up in plastic wrap or beeswax paper (Abeego). Refrigerate for at least 1 hour.
5. Remove the dough from the fridge and sprinkle flour on to rolling pin so it doesn't stick. Roll out dough on to parchment paper to about 10 inches in diameter. It doesn't have to be perfect.
6. Using a large round cut out (I used the top of a toddler food bowl) cut out circles. Make sure the cut out is about 10-15% larger than the diameter of your tart pan. Place each round cut out in to tart pan and press down.
7. Divide sliced apple between each tart. I placed it in layers and sprinkled with cinnamon. Place tart pans on a large baking sheet and bake for 20-30 minutes.
8. Bake until golden brown. If burning, cover with tin foil until fully cooked.
9. Enjoy with vanilla ice cream. We love Coconut Bliss over here :)