

Naturally Sweetened Apple Pie

Makes 8 slices

INGREDIENTS

For the crust:

- ¼ teaspoon sea salt
- 1 ½ cups whole-wheat pastry flour + 1 tablespoon
- ¼ cup unsalted butter

For the filling:

- 4 large apples; peeled and cut in chunks
- 1 ⅓ cups apple juice
- ½ cup raisins
- ½ teaspoon cinnamon
- ½ teaspoon lemon juice
- 2 tablespoons arrowroot or corn starch

PREPARATION

1. Prepare the crust first by mixing the salt into the fresh pastry flour, then adding the butter. Sprinkle 1 tablespoon flour over this mixture, slightly mix, and add enough water to make a thick ball of dough (between three and four tablespoons). Quickly roll out between two sheets of wax paper or on a board used for pie crusts.
2. Shape the dough into a 12-inch circle and place into a lightly greased glass or ceramic pie pan. Crimp the edges at the top of the pan. Prick the bottom and sides of the pie crust lightly with a fork so the crust will not puff up and let the liquid from the pie filling go under it. Store in the refrigerator while you make the filling.
3. While the crust chills, combine the apples, 1/3 cup of the apple juice and the raisins and bring to a boil. Cover and simmer 15 minutes. Mix in the cinnamon and lemon juice.
4. Remove from heat and allow to cool. Combine the arrowroot (or cornstarch) and remaining 1 cup of apple juice, stir until dissolved, and bring to a boil. Simmer about 1 minute or until transparent and thickened. Spoon the apples into the crust and pour the thickened mixture over them. Bake for about 40 minutes.