







MINI APPLE PIES

SERVES: 12 (1 mini-pie each) **Prep Time: 15 min. Cooking Time: 10 min. + 2 hr. 30 min. to chill**

CONTAINER EQUIVALENTS (per serving):  ½  1½  1½

VEGAN CONTAINER EQUIVALENTS (per serving):  ½  1½  1½

FOR CRUST:

2⅔ cups crumbled graham crackers,
vegan, gluten-free (approx. 16
cracker sheets)

2 Tbsp. pure maple syrup

¼ cup + 2 Tbsp. coconut oil

FOR FILLING:

3½ cups chopped apples, peeled, cored
(approx. 5 small baking apples
like Granny Smith or Honeycrisp)

1 cup water

½ cup coconut sugar

¾ tsp. ground cinnamon

½ tsp. ground nutmeg

1 dash sea salt (or Himalayan salt)

¼ cup cornstarch (preferably GMO-
free) + ¼ cup water (combine to
make a slurry)


2 Tbsp. fresh lemon juice

1. Before you begin, please note that the total time for this recipe includes 2 hours' refrigeration time for the mini-pies to set.
2. Line muffin pan with muffin papers. Coat with spray. Set aside.
3. Place graham crackers in a food processor or blender; cover. Pulse until fine. Add syrup and oil; pulse until thoroughly combined.
4. Place 1 heaping Tbsp. of crust mixture into each muffin cup and press down firmly with fingers to mold crust mixture against the bottom of each cup. Place muffin pan in the freezer.
5. Add apples, water, sugar, cinnamon, nutmeg, and salt to a medium saucepan. Reduce heat to low and simmer 8 to 10 minutes, or until apples are soft.
6. Add cornstarch slurry to apple mixture, whisking constantly, until mixture thickens, about 30 seconds. Remove pan from heat.
7. Add lemon juice to apple mixture and stir to combine; set aside to cool. Place apple mixture in refrigerator and chill until it reaches room temperature, about 30 minutes.
8. Remove muffin pan from freezer. Spoon approximately ¼ cup apple mixture into each muffin cup.
9. Place muffin pan in refrigerator and chill until apple mixture has set, about 2 hours.
10. Serve immediately, or store refrigerated in an airtight container for up to 5 days.


SPECIAL EQUIPMENT:

12-cup muffin pan
Muffin papers/cupcake liners
Nonstick cooking spray

NUTRITIONAL INFORMATION (per serving): **Calories: 202 Total Fat: 9 g Saturated Fat: 6 g Cholesterol: 0 mg Sodium: 113 mg Carbohydrates: 30 g Fiber: 2 g Sugars: 16 g Protein: 1.5 g**

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the  icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.