



## Apple Cinnamon Galette

8 servings

1 hour

### Ingredients

- 1 1/2 cups Almond Flour (plus more for dusting)
- 1/4 cup Coconut Sugar (divided)
- 1/4 tsp Sea Salt
- 1/2 cup Butter (cubed, very cold)
- 1/4 cup Water (ice cold)
- 3 Apple (cored, thinly sliced)
- 2 tsps Arrowroot Powder
- 2 tsps Lemon Juice
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1 Egg (whisked)

### Nutrition

Amount per serving	
Calories	285
Fat	23g
Carbs	19g
Fiber	4g
Sugar	12g
Protein	6g
Cholesterol	54mg
Sodium	85mg
Potassium	88mg
Vitamin C	4mg
Calcium	60mg
Iron	1mg
Vitamin D	5IU
Folate	6µg
Vitamin B12	0.1µg
Magnesium	65mg

### Directions

- 1 In a large bowl whisk the flour, 1/4 of the coconut sugar and salt. Add the cubed butter and use two forks (or a pastry cutter) to cut the butter into the flour until pea-sized crumbs form.
- 2 Add the water and stir until the flour is moistened and starts to hold together. Add more water, one teaspoon at a time, if the dough seems too dry.
- 3 Lightly flour a work surface area and transfer the dough to it. Use your hands to work the dough into a ball and then flatten it into a thick circle and wrap in plastic wrap. Transfer to the fridge while you make the filling.
- 4 In a large bowl, stir together the sliced apples with the remaining sugar, arrowroot, lemon juice, cinnamon, and nutmeg.
- 5 Preheat the oven to 400°F (205°C).
- 6 Unwrap the dough and place in the center of a piece of parchment paper. Use a rolling pin and roll into a large circle, about 12 inches (30 cm) in diameter. Place the parchment paper and dough on a baking sheet.
- 7 Add the apples to the center of the dough and fold the edges towards the center, fixing any cracks as needed. Brush the sides and edges with the egg.
- 8 Place the galette in the oven and bake for about 33 to 36 minutes, until bubbling and the crust is golden brown. Let cool on the baking sheet for 10 minutes before slicing. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is one slice.

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**More Flavor:** After brushing the egg wash on the sides, sprinkle with more coconut sugar or a coarse brown sugar.

**Additional Toppings:** Top with a scoop of ice cream.

**How to Measure Flour:** Fluff the flour first and then spoon it into your measuring cup. Use the back of a knife to level off the flour. Do not scoop the flour with your measuring cup or pack the flour in and/or tap it to get more flour in. This will result in extra flour being used, which will make your baked goods dry and crumbly.