

# Apple Tart

APPLES AND NEW ENGLAND ARE PRACTICALLY SYNONYMOUS.

I remember my parents bringing them home by the bushel and we would enjoy them straight through fall and winter. I was always partial to the most simple of recipes like this one that required little fuss and delivered lots of sweet satisfaction.

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## CRUST

- 1 cup millet flour
- $\frac{3}{4}$  cup almond flour
- $\frac{1}{4}$  teaspoon sea salt
- $\frac{1}{4}$  cup extra virgin coconut oil
- $\frac{1}{4}$  cup maple syrup

## FILLING

- 4 apples
- 2 tablespoons lemon juice
- 2 tablespoons maple syrup
- 2 tablespoons sliced almonds

## GLAZE

- $\frac{1}{2}$  cup apricot jam or preserves
- 2 tablespoons water
- 1 teaspoon lemon juice
- Zest of 1 lemon

Preheat oven to 350°F.

## PREPARING CRUST

Place millet flour, almond flour and salt in food processor and combine. Melt coconut oil over very low heat and whisk together with maple syrup. Add to food processor and pulse to combine and form dough. Transfer dough into 9-inch oiled tart pan. Press down to form crust. Pierce several times with fork and bake 15 minutes. Remove from oven and set aside.

## ASSEMBLING TART

Peel apples, slice in half (from stem down) and remove stems and cores. Slice apples crosswise into  $\frac{1}{4}$ -inch slices. Keeping sliced halves together, fit apples into tart crust. When crust is full, tilt sliced apples to fan them. Combine lemon juice and maple syrup and brush over apples. Sprinkle with sliced almonds and bake 45 minutes to 1 hour or until apples are soft and lightly browned. Remove from oven and set aside to cool.

## FINISHING WITH GLAZE

In small pan over low heat, thin apricot preserves in water. Remove from heat and stir in lemon juice. Pour through strainer into separate bowl. Stir in lemon zest, brush over tart and serve.

SERVES 8