



# RAW APPLE PIE



## CRUST:

2 cups cashews, dry

1 teaspoon sea salt

4 pitted dates (soaked if very dry kind of dates like chinese)

Almond flour: put 1/2 cup almonds in the blender. Blend for 30 seconds till you obtain a fine flour. Don't over blend them as you would end up with an almond butter!

Mix all ingredients in food processor.

Sprinkle almond flour at the bottom of the pan so the crust doesn't stick to it.

Press the dough evenly into the bottom of the pie pan and up the sides (use your hands).

Sprinkle some more almond flour on top of the crust to prevent it to be too sticky. This makes it easier to press the dough evenly.

## SYRUP:

1/2 cup pitted dates

1 orange, peeled and seeded

Splash of water, as needed – You can use the water in which you soaked the dates

## FILLING:

5 cups apples, peeled, seeded, thinly sliced, about 5 or 6 apples

1 cup raisins and/or cranberries optional

Sprinkle of ground cinnamon optional

Pour the syrup on the apples in an open glass container and put in the dehydrator (115 degrees) for 2 to 3 hours, till the apples start to be tender.

When ready, pour into the pie crust. Arrange the apple slices on top.

You can add cranberries or raisins for decoration.

Inspired by Any Phyto's recipe. I have adapted it to my own taste. Thank you Any!