

Apple Galette

Prep: 1 hr 20 min Cook: 35 min Total: 2 hr 10 min Servings: 8

Calories: 245 Fat: 12g Protein: 3g Carbs: 31g Fiber: 2g

Ingredients

Crust:

- 1 1/2 cups all-purpose flour, plus more for work surface
- 2 Tbsp granulated sugar
- 1/4 tsp salt
- 1/2 cup cold unsalted butter, cubed
- 1/4 cup ice-cold water, plus more as needed
- 2 Tbsp heavy cream

Filling:

- 3-4 apples, peeled and slice into 1/4 inch slices
- 1/4 cup BBF Organic Coconut Sugar
- 1 1/2 Tbsp all- purpose flour
- 2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- optional: salted caramel sauce

Directions

1. Make the crust: In a medium bowl, whisk together the flour, sugar, and salt. Using a pastry cutter or two forks, cut in the butter until the mixture resembles coarse, pea-sized crumbs. Add the water and stir until the flour is moistened. If the dough seems dry, add 1-2 additional tablespoons of water as needed.
2. Turn the dough out onto a lightly floured surface and gently work it into a ball. Flatten it into a thick disc, then wrap it tightly in plastic wrap or parchment paper. Refrigerate for at least 1 hour.
3. Prepare the filling: While the dough chills, mix the apples, coconut sugar, flour, lemon juice, cinnamon, and nutmeg together in a large bowl until evenly coated.
4. Line a large baking sheet with parchment paper or a silicone baking mat.
5. On a lightly floured surface, roll the chilled dough into a 12-inch circle - it doesn't have to be perfect. Transfer the dough to the prepared baking sheet.
6. Arrange the apples (along with any juices from the bowl) in the center of the dough, leaving a 2-3-inch border around the edges. You can simply spoon the filling in, or neatly

arrange the apple slices in concentric circles for a decorative look. Gently fold the edges of the dough over the filling, overlapping as needed, and press lightly to seal. Brush the crust edges generously with heavy cream and sprinkle with coconut sugar, if desired.

7. Refrigerate the shaped galette for 15-20 minutes while the oven preheats (or up to 8 hours). If chilling for longer than 1-2 hours, cover it lightly. Keeping the galette cold ensures it holds its shape while baking.

8. Preheat the oven to 400 degreesF (204 degreesC).

9. Bake for 35-40 minutes, or until the crust is golden brown and the filling is bubbly. Remove from the oven and allow to cool on the baking sheet for 10 minutes before slicing and serving.

10. If desired, serve warm with vanilla ice cream or a drizzle of salted caramel sauce.

11. Enjoy your Apple Galette!