

Clark H&P's Most Delicious Paleo Pecan + Walnut Crust Apple Tart

By Lindsay Huddleston

Ingredients (Crust)

- 1 and 1/2 cups mix of any ratio of pecans and walnuts
- 1 egg
- 1 Tbs. coconut flour
- 1/4 tsp. sea salt

Ingredients (Filling)

- 4 to 5 apples that you've peeled, cored and sliced about 1/4" thick or. . . even thinner if you are patient enough.
- 2 Tbs. fresh lemon juice
- 1/2 tsp. vanilla
- 1 to 2 Tbs. honey, or real maple syrup or coconut sugar (optional)
- AND, if you like sweet vs. tart add a stevia packet or about 5 liquid drops of stevia (optional).
- 1 Tbs. cinnamon
- 1/8 tsp. nutmeg
- 1/8 tsp. sea salt
- 1 Tbs. arrowroot powder as a thickener (optional)

Recipe (crust):

1. Crush your nuts together in the food processor until chopped, just a few pulses.
2. Add in the egg, coconut flour and salt until it all comes together like a dough. It should still be quite coarse/textured. Don't turn the nuts into nut butter!
3. Place the dough into a 9" pie plate.
4. With your hands pat the dough into a ball and then begin to flatten and spread the crust evenly in the plate.
5. I take my time on the edges while thinning it out and working the crust up the edges of the plate.
6. Do not pre-bake.

Recipe (filling):

1. Pre-heat oven to 350°
2. Toss the apples, lemon, vanilla, sweeteners (if using), spices and salt and arrowroot (if using) together in a big bowl.
3. Place apples in fanned out layers from the center to the edges, overlapping them and creating a big circle.
4. Cover the plate with foil somewhat loosely, and bake for 50 minutes to 1 hour.
5. Once the apples look soft and wilted uncover and continue baking for 5 to 7 minutes. Try to brown the edges of the crust!
6. Cool and eat.