



## Grain-Free Apple Pie Bars

Gluten-Free, Grain-Free, Nut-Free

**Prep Time: 15 minutes**

**Cook Time: 45 minutes**

**Total Time: 1 hour**

**Servings: 9**

### Ingredients:

#### Crust and Crumb Topping:

- ½ cup coconut sugar or regular sugar
- ½ teaspoon [Otto's Naturals Grain-Free Baking Powder](#)
- 1 1/8 cup [Otto's Naturals - Cassava Flour](#), 170-175 grams
- ½ teaspoon salt
- ½ cup **very cold** unsalted butter (8 Tablespoons or 1 stick of butter)
- 1 egg
- 1 teaspoon vanilla

#### Apple Pie Filling:

- 2 ½ cups apples, chopped into small pieces
- Juice of ½ a lemon (optional)
- 1/3 cup coconut sugar or regular sugar
- 2 teaspoons tapioca or arrowroot starch
- ½ teaspoon vanilla or almond extract (optional)
- 1 teaspoon of cinnamon

### Instructions:

1. Preheat the oven to 375°F.
2. Place parchment paper on the bottom of the 8x8 pan so that it hangs over the side of the pan. (This will make it way easier to remove the bars after cooking.)
3. To make the crust/crumble, stir together the sugar, cassava flour, baking powder and salt in a medium bowl.

4. Using a fork or a pastry cutter, cut the cold butter into the flour mixture. Work with the dough until the pieces are very small. The dough will be crumbly. You can also pulse in a food processor until you get pea-sized crumbs.
5. In a separate bowl, beat the egg and vanilla with a fork. Add to the flour mixture and combine until you have a crumbly mixture.
6. Press and pat down half of the dough evenly into the bottom of the prepared pan. Set aside in the refrigerator.
7. To make the filling, stir together 1/3 cup sugar and tapioca or arrowroot in a bowl. Stir in the apples and cinnamon and mix well.
8. Spoon the apple mixture evenly over the bottom crust.
9. Crumble the remaining crumb mixture over the top of the apple filling layer.
10. Bake in a preheated oven for 40-45 minutes, or until the top is slightly golden brown.
11. Allow to cool and then pop in the refrigerator to completely set up. Keep in refrigerator until ready to serve. Enjoy!