



**Put a heart healthy spin on your pie crusts this holiday season by replacing butter with olive oil.**

Prep Time: 10 minutes  
Cook Time: 15 minutes  
Servings: 8 people  
Calories: 309kcal

## Ingredients

- 2.5 cups all-purpose flour
- 1/2 cup olive oil
- 1/4 cup ice water
- 1 pinch salt
- 4 cups apples cored and sliced
- 1 tsp corn starch
- 2 tsp sugar
- 1 each lemon zest and juice
- 2 tsp cinnamon ground
- 1 each egg
- 1 tablespoon sugar for the top

## Instructions

1. Place the flour in a food processor. Mix the ice water and olive oil. Pour all in at once. Pulse and mix until the mixture comes together.
2. Knead the dough by hand until the dough forms a ball. Add a little more water if necessary.
3. Separate the dough into two pieces and shape them into a round flat shape. Roll the dough using a rolling pin and flour. Place it into the bottom of the pie pan.
4. Mix the apples, sugar, corn starch, cinnamon, and lemon together. Place them in the center of the pie dough. Use egg for the edges.
5. Roll the 2nd piece of pie dough and place it over the top. Egg wash the top crust, then sprinkle sugar on it. Cut some breathing holes/slats with a sharp knife.
6. Bake the pie at 375 degrees for 45 minutes to one hour. The pie is done when the crust is golden and the apples are bubbling.
7. Allow to cool and serve. Refrigerate the leftover.

## Notes

You can use any pie-centric fruit like peaches, rhubarb, berries, or plums. You can even mix them. To give the apple pie a little red color add raspberries or cranberries to the filling, replacing some of the apples so that you are using 4 cups of fruit total.

## Nutrition

Serving: 1 slice (1/8th of the pie) | Calories: 309kcal  
| Carbohydrates: 42g | Protein: 4g | Fat: 14g |  
Saturated Fat: 2g | Polyunsaturated Fat: 2g |  
Monounsaturated Fat: 10g | Trans Fat: 0.01g |  
Cholesterol: 0.1mg | Sodium: 16mg | Potassium:  
109mg | Fiber: 3g | Sugar: 9g | Vitamin A: 34IU |  
Vitamin C: 3mg | Calcium: 10mg | Iron: 2mg