



Healthy Low-fat Apple Pie made with Potato Pastry

Serves 4

Ingredients: -

Pastry: -

175g/6oz - cooked mashed potato

175g/6oz - plain flour

50g/2oz - caster sugar

2.5ml/½ tsp - baking powder

Filling: -

2 - large cooking apples

1.25ml/¼ tsp - ground cinnamon, optional

50g/2oz - raisins

5ml/1 tsp - caster sugar

Little milk

Clear honey

Method: -

Place the mashed potato in a bowl, sift over the flour, sugar and baking powder.



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Mix with a wooden spoon to form a stiff dough.

Wrap and place in the refrigerator for 30 minutes.

Peel and core the apples, cut into thin slices, cover with cold water to prevent browning while rolling out the pastry.

Roll out the pastry on a lightly floured board to cover a 20cm/8" pie dish.

Drain the apples and place in the base of the pie dish.

Sprinkle with the cinnamon, raisins and drizzle over the honey.

Use a little of the pastry to line the edge of the dish, brush with water.

Cover with the ready rolled pastry.

Cut a slit in the centre of the pastry to allow the steam to escape.

Glaze with a little milk.

Bake in the centre of a pre-heated oven, 190°C/375°F/gas mark 5.

Cook for 35 minutes.

Sprinkle with the sugar before serving.
