

Apple Pumpkin Pie



TIP: The most time-consuming part of this recipe is cutting and slicing the apples. Aside from that, this pie is as easy to make as it is fantastically flavorful to enjoy as it fuses the flavor of fresh apples and pumpkin with warm spices, vanilla, and dried fruit.

Preparation Time: 30-45 minutes

Baking Time: 50 minutes - 1 hour

Ingredients

(for one 9-10 inch diameter pie)

5-6 Apples (I'm using Golden Delicious apples but any apples will work)

1 15-16 Ounce Can of Pumpkin (preferably unsweetened)

1 Tablespoon Pumpkin Pie Spice

1 Tablespoon Vanilla Extract

1 Teaspoon Salt

Ground Flaxseeds

1 - 1 1/2 Handfuls Dried Fruit (I'm using dried cranberries but any dried fruit will work)

Cooking Spray

Favorite Pie Crust Dough (I'm using a fully flavorful nut, quinoa & flaxseed dough, but any pie dough will work)



Equipment

9-10 Inch Pie Dish

Mixing Bowl (large enough to contain all the ingredients and allow for mixing)

Can Opener

Small Sharp (Paring) Knife

Cutting Board

Tablespoon

Teaspoon

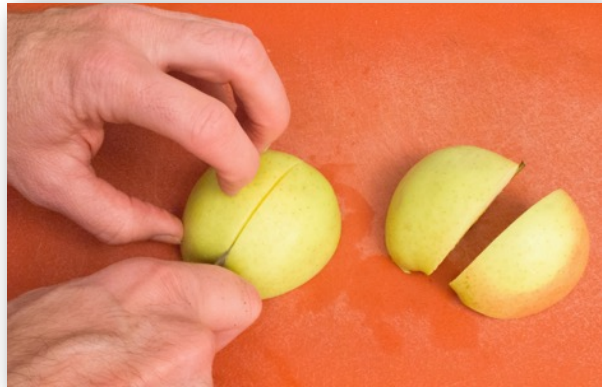
Pot Holder or Folded Dish Towel



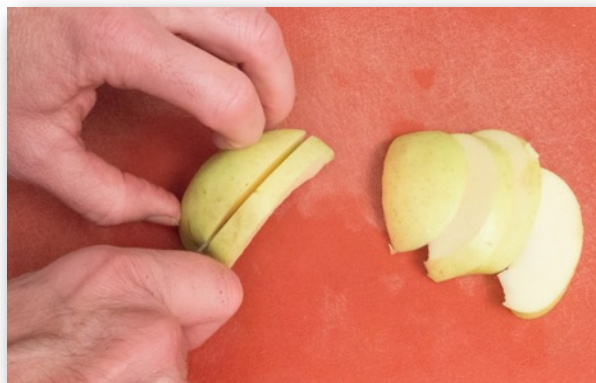
1. Give the **apples** a good hand-scrubbing rinse with cold tap water.



Cut the **apples** in half lengthwise from the stem to bottom, and cut **each apple half** again lengthwise into quarters.



Remove the **core** from **each apple quarter**, and then cut **each apple quarter** into **3-4 slices**.



2. Put the **sliced apples** in a large mixing bowl and add the following:



1 can of pumpkin



1 tablespoon of pumpkin pie spice, 1 tablespoon of vanilla extract



1 teaspoon salt (or about as much as shown in the palm of my hand), **a good pour** (about 1/2 cup, if you want to measure) **of ground flaxseeds**, and **1 - 1/2 handfuls of dried fruit**



3. Stir with a tablespoon until the **ingredients** are well mixed together as shown in the picture below to the right.



4. Make sure the oven rack is placed in the middle of the oven, and preheat the oven to 375° F (190° C).



5. Spray the pie dish with a **light, even coat of cooking spray.**



Put a **pie crust dough ball** in the middle of the pie dish and press it into place as shown in the 3 pictures below until what you have looks about like...



...this.



6. Pour the **apple pumpkin filling** into the **pie crust** so that what you have looks about like...



...this.



7. When the oven warms to 375° F (190° C), put the **pie** in the oven, and set a timer for 50 minutes.



8. When the timer sounds, check the **pie** for doneness. The **pie filling** and **crust** should be lightly browned.



If, however, your **pie filling** and **crust** are not yet lightly browned, keep baking at 10-minute intervals until the **pie** looks about as shown above. Then, use potholders or folded dish towels to remove the **pie** from the oven.



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