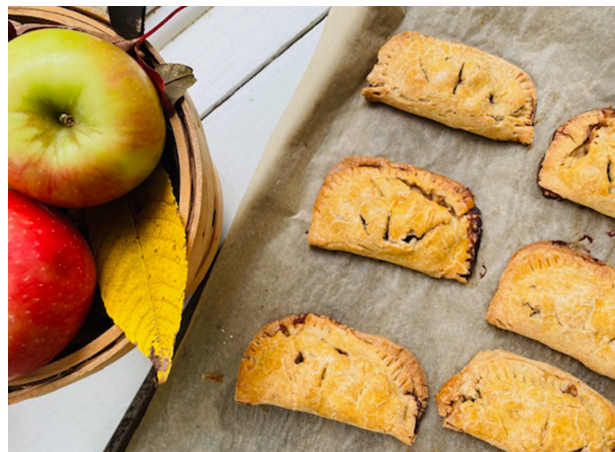


Gluten-Free Apple Turnovers

These warm, flaky, Gluten-Free Apple Turnovers are filled with layers of comfort and calm.

There's really nothing more comforting than warm apples and cinnamon, full of soluble fibre and anti-inflammatory benefits. Each hand pie is Infused with **CanPrev's Myco10** mushroom powder, adding a rich source of antioxidants and functional ingredients that help to combat the toll of everyday stressors.



Preparation time: 30 mins | Servings: 10



Ingredients

Turnover crust:

- 2 cups gluten-free all-purpose flour + 1 tbsp for dusting rolling pin
- ½ cup chilled coconut oil
- 2 eggs
- 2 - 4 tbsp unsweetened milk of choice
- 1 tbsp coconut palm sugar
- 1 tsp salt

Turnover filling:

- 6 organic apples, finely chopped
- ½ cup pure maple syrup
- 3 tbsp virgin coconut oil
- 1 tbsp coconut palm sugar
- 1 tbsp arrowroot powder
- 1 tsp vanilla extract
- 1 tsp Ceylon cinnamon
- 1 tsp salt
- ¼ tsp nutmeg, freshly grated
- 3 scoops Myco10

Method

1. Preheat the oven to 350 degrees. Line a baking sheet with parchment paper.
2. Combine all the turnover crust ingredients in a bowl, adding spoonfuls of milk as needed to make a doughy consistency without being sticky.
3. Knead until a solid dough is formed.
4. On parchment paper, roll out dough with a dusted rolling pin, until 3-4mm thick. Cut dough into 3"x 3" squares.
5. Set aside on parchment paper and chill dough squares in the fridge while making the apple mix.
6. In a large bowl, add all turnover filling ingredients. Mix well until the apple mixture is a sticky consistency.
7. Scoop the apple mixture onto the dough squares, filling half of each square. Folder over.
8. Use a fork to pinch edges, then cut a few slits in the dough to allow steam to escape as the turnovers bake.
9. Brush beaten egg on top of turnovers.
10. Bake for 30 minutes until golden. Let cool and enjoy!

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Developed by: Marilia Pereira



As a Holistic Nutritionist and Culinary Nutrition Expert, Marilia helps clients achieve optimal health through meal plans, clinical iridology, nutritional consultations, workshops and seminars.

