

Lee Townsend's Apple Pie



Choose organic ingredients

Crust:

- 1/2 teaspoon sea salt
- 1 cup almonds
- 1 teaspoon vanilla powder
- 1 cup pecans
- 3/4 cup pitted dates
- 1 cup walnuts

Soak the walnuts, almonds and pecans separately in water for 12 hours. Soaking nuts before you eat them improves your ability to digest them well. Drain. Place almonds in a food processor with the S blade and process until like flour. Add salt, vanilla and the pecans, walnuts and dates. Mix in the food processor. Press mixture into a glass or ceramic pie dish. Refrigerate while making the filling.

Filling:

- 1 teaspoon vanilla powder
- 2 teaspoon cinnamon
- 1 teaspoon sea salt
- 1 tablespoon fresh lemon juice
- 1 cup raisins
- 6 apples, peeled and cored

Place the salt, cinnamon, vanilla powder and 1/3 of the apples in the food processor. Process until like applesauce. Add remaining apples and the raisins until ingredients are chopped into small pieces. Add lemon juice. Pour into pie crust and refrigerate.