

YIELD: 8 SERVINGS

Whole Wheat Galette with Apple and Cranberry

This whole wheat apple galette is an easy way to celebrate fall's bounty, but without all the work and time of assembling and baking a pie.

PREP TIME

20 minutes

COOK TIME

35 minutes

ADDITIONAL TIME

3 hours

TOTAL TIME

3 hours 55 minutes



Ingredients

- 1 cup whole wheat flour
- 1/4 cup brown sugar, divided
- 1 1/2 tsp ground cinnamon, divided
- 1/2 cup frozen unsalted butter
- 1/4 cup cold water
- 1 TBS wheat bran
- 2 medium honey crisp apples, cored, peeled and sliced thin
- 1 TBS lemon juice
- 1 tsp grated lemon zest
- 1 egg (optional for egg wash)

Instructions

1. In the bowl of a food processor with a metal blade, combine 1 cup whole wheat flour, 1 TBS brown sugar, and 1/2 tsp ground cinnamon.
2. Cut butter into small pieces and add half of the butter to the food processor and pulse 3 times.
3. Add remaining butter and pulse 3 times or until butter is size of coarse pebbles.
4. Add one tablespoon water at a time, pulsing after each addition. Dough should resemble coarse sand. When pressed together, the dough should stick.
5. Turn dough onto lightly floured work surface, pressing together to form a ball.

6. Roll dough ball in 1 TBS wheat bran to coat the outside. Flatten dough ball to form a disc. Wheat bran does not need to be worked into the dough.
7. Wrap in plastic wrap or parchment paper and refrigerate dough for 2 hours or up to overnight.
8. Preheat oven to 375°F and line baking sheet with parchment paper or silicone baking mat.
9. Peel and cored apples. Cut into thin slices.
10. Add apples to a mixing bowl. Add lemon juice, zest, 3 TBS brown sugar and remaining 1 tsp cinnamon to the bowl. Mix well to combine.
11. Remove dough from the plastic wrap and roll until a 9-10 inch circle is formed.
12. Place dough onto the prepared baking sheet and arrange filling into desired manner, leaving a 1 to 1-1/2 inch border of dough around the filling.
13. Fold dough edges around the filling, folding pleats as needed.
14. Whisk egg and brush edges. Sprinkle with coarse sugar, if desired.
15. Bake until edges start to brown, 35-40 minutes.
16. Allow to cool at least 1 hour prior to serving.

Notes

Serving Suggestions: Serve warm or at room temperature. Serve alone or with whipped cream or vanilla ice cream.

Cooking Tips: Change up the filling with your favorite seasonal fruits like peaches, pears, figs or plums. You can also mix fresh cranberries or grapes with apples.

The egg wash is optional. You can also sprinkle coarse sugar around the crust once brushed with egg wash.

Nutrition Information: YIELD: 6 SERVING SIZE: 1

Amount Per Serving: CALORIES: 280 TOTAL FAT: 17g SATURATED FAT: 10g TRANS FAT: 0g
UNSATURATED FAT: 6g CHOLESTEROL: 72mg SODIUM: 18mg CARBOHYDRATES: 31g FIBER: 4g
SUGAR: 14g PROTEIN: 4g

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CUISINE: American / **CATEGORY:** Pies, Tarts and Other Desserts

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