



Makes 8 hand pies
Preparation Time: 40 minutes
Cook Time: 40 minutes

INGREDIENTS:

12 oz. cooking apples, such as
Granny Smith, Fuji, or Braeburn

2 tablespoons pure maple syrup

½ teaspoon + ⅛ teaspoon apple
pie spice or ground cinnamon

1 tablespoon cornstarch

1 tablespoon flaxseed meal

1½ cups whole wheat pastry
flour

½ cup quick-cooking rolled oats

¾ teaspoons sea salt

3 tablespoons unsalted cashew
butter or almond butter

1 tablespoon + 2 teaspoons pure
cane sugar

1 tablespoon unsweetened,
unflavored plant-based milk

Vegan Cinnamon Apple Hand Pies

These crisp-crust apple hand pies rival anything you can find at McDonald's. With the comforting goodness of homemade apple pie in a convenient handheld package, they're ideal for **game day** or a weekend dessert with friends or family! Cashew butter gives the crust extra richness while keeping it relatively low in fat and pairs well with the fragrant cinnamon-infused apple filling. Be sure to eat these delish vegan hand pies fresh from the oven! Serve as they are, or with a scoop of **vanilla nice cream**.

What's a Hand Pie?

A hand pie is a single-serving, closed pastry you can eat with your hands. Hand pies came from 19th-century England, created as a filling lunch for hungry miners. In the U.S., the most well-known hand pie is the McDonald's apple pie.

For more inspiration, check out these tasty ideas:

- [Polenta Cake with Apples and Cherry Compote](#)
- [Chewy Apple-Raisin Oatmeal Cookies](#)
- [Vegan Apple Pie](#)
- [Purple Potato Cake with Autumn Fruits](#)

By Laura Marzen, RD, LD

- 1 For filling, peel, core, and chop apples into ½-inch pieces (you should have 2½ cups). In a medium saucepan combine apples, maple syrup, and ½ teaspoon of the apple pie spice. Cook, covered, over medium 4 to 6 minutes or until apples are softened, stirring occasionally.
- 2 In a small bowl whisk together cornstarch and 2 tablespoons water until well combined. Add all at once to apple mixture; cook and stir 1 minute or until thickened. Remove from heat; cover and set aside.
- 3 For crust, in a small bowl stir together flaxseed meal and ¼ cup water; let stand 5 minutes. In a food processor combine flour, oats, and salt. Process until oats are coarsely ground. Add cashew butter, 1 tablespoon of the sugar, and the flaxseed mixture. Pulse until dough just holds together. Add 3 to 4 tablespoons water, 1 tablespoon at a time, pulsing until dough holds together.
- 4 Knead dough once or twice until it is an even consistency. Wrap in plastic wrap and let stand 20 minutes.
- 5 Preheat oven to 400°F. Line a large baking sheet with parchment paper. Divide dough into four equal portions. Lightly dust one dough portion with flour, place it between two sheets of parchment paper, and roll out dough with a rolling pin to a 10×5-inch rectangle about ⅛ inch thick. Remove top sheet of paper. Using a pizza cutter, cut rectangle in half to make two 5-inch squares, trimming edges as needed. Repeat with remaining dough portions.

- 6 Spoon about 3 tablespoons apple filling down one half of each dough square, leaving a ¼-inch border around edges of each square. Brush edges with milk. Fold unfilled dough halves over filling. Press edges with a fork to seal. Using a sharp knife, cut several slits in tops of each pie to expose filling.
- 7 Place hand pies 1 inch apart on prepared baking sheet. In a small bowl stir together the remaining 2 teaspoons sugar and ⅛ teaspoon apple pie spice. Lightly brush tops of pies with milk. Sprinkle with sugar mixture.
- 8 Bake 20 minutes or until bottoms of pies are lightly browned. (If necessary, tent pies with foil the last 5 minutes of baking to prevent overbrowning.) Serve warm.