

## Gluten Free Apple Strudel

*Servings: 12    Total Time: 60 minutes (Prep 15 minutes, Cook 45 minutes)    Adapted from: Gluten Free Homemaker Blog*

### Ingredients:

5 large Granny Smith apples	1 cup sugar, divided	1 tsp ground cinnamon
1 1/2 cups gluten-free flour mix	1 1/2 tsp baking powder	1/2 tsp salt
1 large egg		

### Directions:

1. Preheat oven to 350 degrees.
2. Peel and thinly slice the apples. Place them in a greased 9 x 13 inch baking dish.
3. Sprinkle 1/2 cup sugar and the cinnamon on top of the apples.
4. In a separate bowl, combine the flour, 1/2 cup sugar, baking powder, and salt together.
5. In a small bowl, lightly beat the egg.
6. Add the egg to the dry ingredients and mix with a fork to make a crumbly mixture.
7. Evenly distribute the crumble on top of the apples.
8. Bake for 45 minutes or until the apples are tender and the crumble is lightly brown.

**Nutrition Information per Serving:** 173 calories, 0.4g total fat, 0g saturated fat, 2.1g protein, 41.4g carbohydrate, 0.8g fiber, 167mg sodium

