

## TASTE WITHOUT WASTE

### Deconstructed Apple Pie for Two

#### Ingredients

Short pastry off cuts – however much you have.  
¼ tsp caster sugar  
2 tbsp pecans  
1 tsp maple syrup  
½ tsp rice syrup  
2 small apples, peeled, cored and cut into 1cm dice  
1 tsp lemon juice  
2 tsp brown sugar  
¼ tsp cinnamon  
2 tsp plain flour

#### Method

Preheat oven to 200C and grease a small baking tray. Place pastry off cuts (no bigger than 5cmx5cm) on the tray at one end and sprinkle with the caster sugar.

In a small bowl combine the pecans with the two syrups and mix until well coated. Place on the other end of the baking tray.

Bake for 8 minutes. Turn oven off and remove pastry cuts from pan. Return pan to oven for another 4 minutes or until pecans are well crisped and brown.

Meanwhile in a small microwave safe bowl coat the apple cubes in lemon juice. Stir through brown sugar, cinnamon and flour so that the apple is evenly coated.

Microwave on high for one minute, stir and repeat. Cover the bowl and microwave for a third minute. Leave to stand a minute or two.

Divide apples between two glasses/small bowls and scatter with pecans and crispy pastry pieces. Serve with vanilla ice cream, Greek yoghurt or custard.

*Source: A Taste Without Waste original.  
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