

Apple and Banana Pie



Serves	6
Prep time	20 minutes
Cook time	25 minutes
Total time	45 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical
Meal type	Dessert
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Warm

Ingredients

- 2 sheets butter puff pastry (thawed)
- 6 Small Red or Golden Delicious apples (peeled, cored and diced into 1cm pieces)
- 1 vanilla bean (split)
- 1/4 cup brown sugar
- 2 just ripe bananas (sliced into 1cm pieces)
- 3 tablespoons butter or Nuttelex
- Canola oil spray (for greasing)
- Milk (for brushing)

Directions

1. Preheat the oven to 220°C and lightly spray a 20 cm pie dish.
2. To make the filling melt the butter/Nuttelex in a large frying pan then add the vanilla bean, brown sugar and diced apples. Cook on medium heat, stirring frequently until the apples are just tender, about 10 - 15 minutes.
3. Stir in the banana pieces, remove the vanilla bean and remove from the heat. Set aside to cool.
4. Line the pie dish with one sheet of pastry. Add the filling then place the second sheet over the top. Seal the edges and remove the excess pastry. Use a fork to place a couple of vent holes in the top, then brush the top with milk.
5. Bake in the oven for 20 - 25 minutes until the pastry is golden brown.
6. Allow to cool slightly before serving.

Note

Moderate Salicylates, Moderate Amines, Low Glutamates

Just ripe bananas are moderate in Amines; the riper the banana the more amines it will have.

The vanilla bean can be rinsed and dried and reused to make [Vanilla Sugar](#).

Left over pastry can be refrozen.