

Blood Sugar-Friendly Apple Cranberry Galette

A rustic whole-grain tart featuring fiber-rich apples and antioxidant cranberries, designed to minimize glucose spikes while delivering maximum flavor.

Prep: 60 min

Cook: 40 min

Total: 100 min

Servings: 8

GL 17.5 / GI 54

Ingredients

Choose unsweetened varieties to minimize added sugars dried cranberries, unsweetened

Use 100% juice without added sugars; liquid form increases glycemic response
unsweetened apple juice

Adds flavor complexity without impacting blood sugar pure vanilla extract

May help improve insulin sensitivity ground cinnamon

Thickening agent; use sparingly as it's a refined starch cornstarch

Choose Granny Smith or other tart varieties for lower sugar content and higher fiber large tart apples, cored, peeled and sliced

Provides fiber and nutrients that slow glucose absorption compared to white flour whole-wheat flour

Minimal amount for crust structure; high GI ingredient used sparingly granulated sugar

Fat slows carbohydrate digestion and glucose release unsalted butter, melted

Heart-healthy fat that moderates glycemic response canola oil

Keeps pastry tender without affecting blood sugar ice water

Instructions

Step 1

Place dried cranberries and water (or apple juice if using) in a microwave-safe bowl. For best blood sugar control, use water with 1 teaspoon lemon juice instead of apple juice. Microwave on high for 1 minute, then stir thoroughly. Continue heating in 30-second intervals, stirring after each, until the liquid is steaming hot. Cover the bowl and let stand at room temperature for approximately 1 hour until the cranberries have absorbed most of the liquid and the mixture has cooled. Stir in vanilla extract and ground cinnamon, then set aside.

Step 2

Preheat your oven to 375°F (190°C). In a large mixing bowl, add the arrowroot powder (or cornstarch if using) and sliced apples. Toss the apples thoroughly to coat each slice evenly with the starch, which will help thicken the fruit juices during baking. Add the prepared cranberry mixture and stir gently to combine all the fruit filling ingredients. Set aside while you prepare the pastry.

Step 3

In a separate large bowl, whisk together the whole-wheat flour and sweetener (allulose, erythritol, or sugar if using) until well combined. In a small bowl, melt the butter and stir in the canola oil. Drizzle this butter-oil mixture over the flour mixture. Using a fork or your fingertips, work the fats into the flour until the mixture resembles coarse crumbs with pea-sized pieces throughout.

Step 4

Add ice water to the flour mixture one tablespoon at a time, mixing gently with a fork after each addition. Continue adding water just until the dough begins to hold together in a shaggy mass. You may need 3-4 tablespoons total. Avoid overworking the dough, as this develops gluten and makes the crust tough. The dough should be slightly crumbly but hold together when pressed.

Step 5

Secure a large sheet of aluminum foil to your countertop with tape at the corners. Dust the foil generously with flour. Place the dough in the center and pat it into a flat disk. Using a floured rolling pin, roll the dough from the center outward in all directions, rotating occasionally, until you have a roughly circular shape about 13 inches in diameter. The edges can be irregular for a rustic appearance.

Step 6

Spoon the apple-cranberry filling into the center of the rolled dough, leaving a 1½ to 2-inch border around the edges. Spread the filling evenly over the center portion. Carefully fold the outer edges of the dough up and over the filling, pleating as you go around the circle. The center of the fruit will remain exposed, creating the characteristic rustic galette appearance.

Step 7

Remove the tape from the foil and countertop. Place a second sheet of foil loosely over the top of the galette to protect the exposed fruit from over-browning. Carefully slide the entire assembly—bottom foil, galette, and top foil—onto a large baking sheet. Bake for 30 minutes, then remove the top foil and continue baking for an additional 10 minutes until the crust is golden brown and the filling is bubbling.

Step 8

Remove the galette from the oven and let it cool on the baking sheet for 10-15 minutes before slicing. This resting period allows the filling to set slightly, making cleaner slices. Cut into 8 equal wedges and serve warm or at room temperature. For better blood sugar control, pair each serving with a dollop of Greek yogurt or a small handful of nuts to add protein and further slow glucose absorption.