BetterBody Foods

Coconut Oil Pie Crust

Prep: 0 min Cook: 0 min Total: 0 min Servings: 16

Calories: 183 Fat: 11g Protein: 2g Carbs: 20g Fiber: 0g

Ingredients

- 3 cups all-purpose flour (plus more for work surface)
- 2 Tbsp Coconut Palm Sugar
- 3/4 tsp kosher salt
- 3/4 cups Virgin Coconut Oil (solid at room temp)
- 8-11 Tbsp ice-cold water

Directions

1. Combine flour, sugar, and salt in a food processor.Pulse until well blended, 6 to 7 times.
2. Add in solid coconut oil and continue pulsing till coconut oil is incorporate into dough and you have a crumbly mixture.
3. While pulsing continually, add ice water, 3-4 Tablespoon at a time, process until dough begins to clump together.
4. Transfer to your work surface. Pat dough together; divide in half. Shape into 2 flat disks. Wrap each in plastic wrap; let stand at room temperature for 30 minutes.
5. When dough is ready, prepare as the pie recipe directs.
6. Enjoy your Coconut Oil Pie Crust!