BetterBody Foods

Whole Wheat Pie Crust

Prep: 30 min Cook: 0 min Total: 30 min Servings: 16

Calories: 127 Fat: 10g Protein: 1g Carbs: 11g Fiber: 0g

Ingredients

- 2 cup whole wheat pastry flour
- 1 tsp salt
- 2/3 cup BBF Naturally Refined Coconut Oil
- 5-7 Tbsp cold water
- 2 Tbsp BBF Agave

Directions

1. Preheat oven to 400 degreesF if making pre-cooked pie crust.

2. In a medium bowl, combine flour, salt, and coconut oil. Use pastry blender/knife to cut in coconut oil until particles are size of small peas. Combine agave and water and sprinkle the agave mixture into the flour mix, 1 tbsp. at a time, while tossing and mixing lightly with a fork. Add enough of the agave mixture until dough is just moist enough to hold together (too much will cause the dough to be sticky and unworkable).

3. Split dough and form into 2 balls, place on well-floured pastry cloth or surface. Flatten ball slightly; smooth edges. With rolling pin, roll dough to a circle one inch larger than the pie pan. Ease the pie crust into lightly greased pan and press into place. For a pre-cooked pie crust, fork bottom of crust and bake for 10-12 minutes.

4. For frozen pie crust, wrap in plastic and freeze. Remains fresh for up to two months.

5. Tips and Notes:

6. If you grind your own wheat, use soft white wheat (instead of a hard wheat, which is for bread making) and make sure that your grinder is capable of a pastry grind. This allows you to grind the soft wheat and use it in lieu of white pastry flour.

7. Enjoy your Whole Wheat Pie Crust!