HEALTH-CRUSH

Food for the Body, Mind & Soul

BASIC PIE CRUST

This is my go-to pie crust recipe I've been using for YEARS...and it works every time! The flour can be easily switched between gluten-free or All Purpose flour. This is for a sweet or savory, double crust 9-inch pie or two single-crust pies...choose your adventure.

SERVINGS	SERVING SIZE	TIME TO MAKE
2	9 inch single	5 MINUTES

INGREDIENTS

- 2 Cups All Purpose Flour /Gluten-free Flour (I like Bob's Red Mill 1-1 baking flour)
- 1 teaspoon Salt
- 14 Tablespoons Unsalted Butter (2 sticks of butter minus 2 tablespoons)
- 4+ Tablespoons Ice Cold Water (yes, with ice cubes)

DIRECTIONS

- In a large bowl, sift together flour + salt
- Using a pastry blender/food processor, work the butter into the flour mixture until it resembles a coarse, crumbly dough. Don't over process, pulse for 5-10 seconds and pause each time to see how it is mixing
- Add the water to the dough & gently mix until combined. If using a food processor, again don't over process. Pulse for 5-10 seconds and check, no more than 30 seconds.
- If mixture is still dry, you can add more water
- Remove from bowl/food processor and roll into a ball.
- Wrap with beeswax fabric wrap/plastic wrap and store in fridge until ready to make or place ½ dough ball onto a lightly floured (same flour used in dough) surface
- Using a rolling pin, lightly flour pin & top of dough. Roll out into desired shape. Repeat with remaining dough until it is all used.
- If making crust, place rolled dough into pie pan and pinch top of dough into custom shape or use cookie cutters to place cut shapes on top of edges for a more decorative pie. No need to butter or flour pan.
- Create the pie you choose.
- Enjoy!

Nutritional Information per serving: 124 Calories, 9 grams Fat, 6 gram Saturated Fat, 11 grams Total Carbohydrates, 1 gram Fiber, 0 grams Sugar, 1 gram Protein, 9% Vitamin A, 0% Vitamin C, 3% Calcium, 5% Iron