

# Pie Crust

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Yield: 3 pie crusts

Ingredients	Quantity	Measure
All-purpose flour	2	cups
Salt	1	teaspoon
Vegetable shortening	6	ounces
Water, ice cold	6	tablespoons

## Preparation

1. Put water and shortening in freezer for 20 minutes until they are cold.
2. Put flour, salt and shortening in a food processor. Blend until it looks like coarse corn meal.
3. Add one tablespoon of ice-cold water at a time. When all six tablespoons are in, pulse until it forms a ball. Let spin two times more.
4. Weigh and divide into three equal balls. Let rest for 20 minutes. Roll out and put into 8-9 inch pie pans.
5. Freeze and use as needed.

**Nutrition Information** per serving \*From USDA Nutrient Database

### Per Pie Crust

Calories: 756 Total Fat: 52g Saturated Fat: 13g Carbohydrate: 64g Protein: 9g Sodium: 780mg  
Vitamin A: 0µg Vitamin C: 0mg Calcium: 14mg Iron: 4mg Folate: 243µg

