

- DESSERTS -

ALL-PURPOSE PIE CRUST

The Ingredients:

- 1¼ CUPS All-Purpose Flour
- 1¼ CUPS Whole Wheat Pastry Flour*
- ¼ CUP Sour Cream, reduced-fat
- 2 TBSP Sugar
- 4 TBSP unsalted Butter, cold
- 3 TBSP Canola Oil
- 4 TBSP Ice Water
- ½ TSP Salt

* Whole wheat pastry flour is lower in protein than regular whole wheat flour, has less gluten-forming potential, making it a better choice for tender baked goods. Store in the freezer.



prep time

20 minutes



makes

1 pie crust

Cooking Steps:

1. Whisk both flours, sugar and salt in a large bowl.
2. Cut butter into small pieces and with your fingers, quickly rub them into the dry ingredients until the pieces are small but still visible. Add sour cream and oil; toss with a fork to combine.
3. Sprinkle water over the mixture and toss with a fork until evenly moist. Knead the dough with your hands in the bowl a few times—the mixture will still be a little crumbly.
4. Turn out onto a clean surface and knead a few more times, until the dough just holds together.
5. Divide the dough in half and spread into pie dish or store in refrigerator for up to 3 days.

