

Pie Crust

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Use for making Hot Pockets, as well as, Pie Crust

- 2 C all-purpose flour (equal parts spelt, brown rice & barley milled together)
- 1 C palm fruit shortening or OCO
- ¼ t salt
- ½ C cold water

Cut oil into flour & salt with wire whips. Slowly add cold water until you have a smooth dough, just a few seconds. Makes 2 crusts. Make multiple batches & freeze in a ball. Thaw & roll out.