

Pie Crust... a little bit healthier

This is my mom's pie crust recipe substituting coconut oil for shortening for a healthier, but still wonderfully flaky crust. It makes enough for about 2 8-inch pie crusts.

2 cups flour
1 tsp salt
¾ cup coconut oil
3-6 Tbsp ice cold water

Mix flour and salt. Using a pastry knife, cut coconut oil into flour until it becomes the size of small peas. Add ice cold water, mixing in 1 Tbsp. at time, until begins to hold together. Knead dough a few times and roll out patiently. Fill with goodies as desired. Bake at 400 degrees approximately 35-45 minutes.

This is very tender dough. It helps to roll it out on parchment paper to place onto pie pan. It's difficult to make "pretty", but the taste and texture are fantastic.

