

Whole Wheat Pastry Shell

From Fred Meyer Nutrition Centers

Ingredients

- 1 cup whole wheat pastry flour
- 1/2 tsp sea salt
- 1 Tbsp wheat germ
- 1/4 cup cold pressed oil
- 2 Tbsp cold milk

Instructions

1. Preheat oven to 425°F.
2. Sift flour.
3. Add salt and wheat germ to sifted flour. Add oil and milk, mix with fork into a dough.
4. Roll between 2 pieces of wax paper. Peel off top paper. Turn pastry into a 9" pie pan. Remove top paper. Trim edges. Bake pie shell about 15 minutes.

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WHOLE WHEAT PASTRY SHELL

1 cup whole wheat pastry flour
½ teaspoon sea salt
1 tablespoon wheat germ
¼ cup cold pressed oil
2 tablespoons cold milk

- 1) Preheat oven to 425°F.
- 2) Sift flour.
- 3) Add salt and wheat germ to sifted flour. Add oil and milk, mix with fork into a dough.
- 4) Roll between 2 pieces of wax paper. Peel off top paper. Turn pastry into a 9" pie pan. Remove top paper. Trim edges. Bake pie shell about 15 minutes.

