

Pie Crust

4 Ingredients

8 Servings

1 1/2 cups	rice flour
1 teaspoon	sea salt
1/2 cup	ghee
4 tablespoons	ice water



Instructions

Mix together flour and salt in a large mixing bowl.

Using a pasty blender or fork, cut in the ghee until the mixture resembles coarse crumbs.

Mix in ice water one tablespoon at a time, until the dough begins to form a ball.

Dough should be moist enough to stick together without crumbling, but not overly wet.

Divide dough into two balls. Roll dough to quarter-inch consistency.

Place one rolled crust into pie pan. Chill for a few minutes and bake at 350°F/180°C/
Gas mark 4 for about 15 minutes.

Nutritional Information (per serving)

Calories	859
Total Fat	13g
Saturated Fat	6g
Cholesterol	15mg
Sodium	313mg
Total Carbohydrate	166g
Dietary Fibre	10g
Sugars	2g
Protein	16g
Calcium	32mg
Iron	4mg
Magnesium	244mg
Phosphorus	737mg
Potassium	638mg
Vitamin C	--
Thiamin	1mg
Riboflavin	--
Vitamin B6	2mg
Vitamin E	3mg