

EASY AIP PIE CRUST

Gluten / Grain Free • Dairy Free • Delicious

- Prep Time: 15 minutes
- Cook Time: 20 minutes

Ingredients

- 2 cups cassava flour
- 1 cup palm shortening
- 1 1/2 teaspoons sea salt
- 1 teaspoon apple cider vinegar
- 1 teaspoon honey
- 1/2 teaspoon baking soda
- 4-6 Tablespoons ice cold water
- tapioca starch, for rolling

Method

01 In the work bowl of a food processor, measure cassava flour, sea salt, and baking soda. Whirl the dry ingredients together.

02 Add palm shortening by scooping it into the bowl by 1 Tablespoon increments. Then add the apple cider vinegar and honey. Pulse until the flour and fat mixture look like wet sand.

03 Turn the food processor on medium; add cold water 1 Tablespoon at a time until the dough just comes together.

04 Scoop dough out onto flat work surface sprinkled with tapioca starch (if AIP), or potato starch (if you can use it.). I like potato starch best, so I use that when not strictly AIP.

05 Form the dough into a disk. Gently roll dough out to 1/4" round, adding more starch as needed. Use a pastry scraper to loosen the circle, then carefully drape the dough over the rolling pin and transfer to an 8" pie plate.

06 The dough will probably break. Pinch it back together with your fingers as best you can. Crimp the overhanging dough along the rim.

07 If you are using the crust for a baked filling (such as apple or berry), continue according to your recipe's directions.

If you plan to use a no-bake pie filling, poke the crust with a fork 8-10 times. Then bake at 375° F for 15-20 minutes, or until golden. Let cool completely, then fill as desired.

