



Pie Dough

Yield: 1 double crust, 8 to 10 inch pie crust

500	ml	Buckwheat flour	2	cups
60	ml	Golden flax flour	¼	cup
15	ml	White sugar (optional)	1	Tbsp
5	ml	Baking powder	1	tsp
125	ml	Butter, cold	1/2	cup
3		Eggs	3	
		Extra Buckwheat Flour for rolling		



1. In a large bowl or food processor, blend the buckwheat flour, golden flax flour, sugar (optional) and baking powder.
2. Cut the butter into small cubes. Pulse the blades to cut the butter into the flour. The butter should be small pieces but still visible.
3. Break the eggs into a bowl and add them to the dough. Pulse several times to mix.
4. Turn the dough onto a work surface and, using a dough scraper or similar tool, gather the dough into a rough ball. Work the dough until it holds together. Knead several times to completely blend the dough.
5. Divide the dough into two portions, a larger one for the bottom crust and the remainder for the top. Wrap and refrigerate for 10 minutes to chill the butter.
6. Roll the larger portion of dough on parchment paper to fit the pie plate.
7. Lift the dough off the parchment paper into the pie plate. Trim the excess. Refrigerate while you prepare the filling.
8. Prepare the filling and place it in the pie shell.
9. Moisten the edge of the pie dough with water.
10. Roll the second dough portion and lift it on top of the filling, covering the edge of the plate.
11. Press the two edges of the dough together. Trim off excess dough.
12. Bake the pie at 425°F for 15 min and then at 350°F for 30 minutes or as otherwise required to cook the filling.

Per serving (based on 8 slices per pie – dough only): 260 calories, 16 g fat, 9 g saturated fat, 100 mg cholesterol, 160 mg sodium, 23 g carbohydrate, 3 g fiber, 6 protein

