

BRYANNA'S NEW LOWER-FAT FLAKY PASTRY

Makes 1 single pie crust

The plasticity of shortening makes it very easy to rub and cut into flour – resulting in a very flaky crust. This lower-fat crust is flakier than my oil crust for that reason, but utilizes my non-hydrogenated, palm-and-coconut oil-free homemade shortening for more monounsaturated fat than saturated and polyunsaturated. Keep frozen.

3/4 cup whole wheat pastry flour

10 tablespoons (1/2 cup + 2 tablespoons) unbleached white flour

1/2 tsp light granulated organic unbleached sugar

1/2 tsp fine sea salt

1/2 tsp baking powder

5 tablespoons cold soy yogurt

1 1/2 tablespoons cold non-dairy milk

4 tablespoons frozen [Rainforest Shortening](#), cut into evenly-sized 1/4-inch cubes

NOTE: Return the shortening to the freezer while preparing the other ingredients.

TIP from Betsy DiJulio of [The Blooming Platter of Vegan Recipes](#): "I freeze my shortening (and "butter") for biscuits, grating it into the flour, so your hands barely touch it and, hence, don't begin to melt it. Just spray your grater with nonstick spray first for easy clean-up."

In a medium bowl, whisk together the 2 flours, salt, baking powder and sugar.

In a cup, whisk together the yogurt and nondairy milk and set aside in the refrigerator

Add the cubed shortening to the flour mixture and, using a pastry blender, 2 knives, or your fingertips, cut or rub the shortening shortening into the flour. Occasionally, make sure you reach down into the bottom of the bowl and toss the ingredients to make sure all of the fat is combined with the flour mixture. Continue until the shortening is broken into pieces the size of small peas among smaller particles.

4. Pour the yogurt mixture into the dry mixture and quickly mix with a fork until you can press the mixture together into a ball. If dry particles remain, add a few drops of water-- just enough to moisten. Flatten the dough a bit, place in a plastic bag and refrigerate for at least an hour before rolling out. NOTE: Roll out on baking parchment or a silicone mat to avoid using alot of flour.

Servings: 8

Nutrition Facts

Nutrition (per serving):

142 calories, 7 calories from fat, 7.3g total fat, 1.42g saturated fat, 3.61g monounsaturated fat, 1.71 polyunsaturated fat, 0mg cholesterol, 121.1mg sodium, 91.1mg potassium, 17g carbohydrates, 1.7g fiber, <1g sugar, 2.8g protein.

Nutrition Facts for Classic Crisco Pie Crust

Nutrition (per 1/8 of crust), Calories 190 (Calories from Fat 110), Total Fat 12g (Saturated Fat 3g), Cholesterol 0mg, Sodium 150mg, Total Carbohydrate 16g (Dietary Fiber 1g, Sugars 0g), Protein 2g

(from <http://www.crisco.com/recipes/classic-crisco-pie-crust-1242>)