

# Paleo Pastry

## Ingredients

( for a 9-inch double-crust pie)

2 1/2 cups almond flour  
2/3 cup shortening, e.g. lard or  
coconut oil  
1/4 teaspoon salt  
1/3 cup water

## Method

Combine flour and salt in a mixing bowl. Cut shortening into flour with a pastry blender or two knives. Do not over mix; these are sufficiently blended when particles are the size of peas. Add water gradually, sprinkling a little at a time over the mixture. Use only enough water to hold the pastry together when it is pressed between the fingers. It should not feel wet. Roll dough into a round ball, handling as little as possible. Roll out on a lightly floured board into a circle 1/8 in thick and one inch larger than the diameter of the top of the pie pan. (I roll between two pieces of waxed paper to help handling and cleaning up then I strip off on side of the waxed paper transport it to the pie pan and press it in). trim to the edge of the pie pan. Prick with a fork. Each person has their own pattern of fork pricks on the pie crust. The artistry of each individual is different. Bake at 450F for 12 - 15 minutes or until a golden brown.

