

Fully Flavorful Nut, Quinoa & Flaxseed Pie Crust



TIPS:

I. **More Than Just a Doughy Pie Filling**

Container: Unlike a traditional pie crust made of flour, sugar, water, butter, and oil, the nut and grain ingredients give this crust a flavor and texture that both stand on their own and contribute richly to your favorite pie filling.

2. **Vegan Recipe:** This recipe qualifies as a vegan recipe because the combination of oil and butter found in traditional pie crust recipes is replaced here with the use of oil alone.

3. **What If I Don't Have Cooked Quinoa?** No problem. Just use 1 cup of ground nuts and 1 cup of ground flaxseeds instead of the 2/3 cup of each as shown in the ingredient list below.

Preparation Time: 15-20 minutes

Ingredients

(for one 10-inch diameter pie)

Cooking Spray

2/3 Cup Ground Nuts or Nut Flour

2/3 Cup Cooked Quinoa

2/3 Cup Ground Flaxseeds

1/3 Cup Canola or Vegetable Oil

1 Teaspoon Salt

1 Teaspoon Ground Cinnamon

1 Tablespoon Vanilla Extract

Coffee or Apple Cider (or any other fruit juice)



Equipment

Measuring Cup

9-10 Inch Pie Dish

Mixing Bowl (large enough to contain all the ingredients and allow for mixing)

Tablespoon

Teaspoon (optional - you measure by hand or by estimating as shown in step 3)

Pot Holder or Folded Dish Towel



1. Pour **2/3 cup of each: ground nuts or nut flour, cooked quinoa, and ground flaxseeds** into a measuring cup until what you have looks about like...



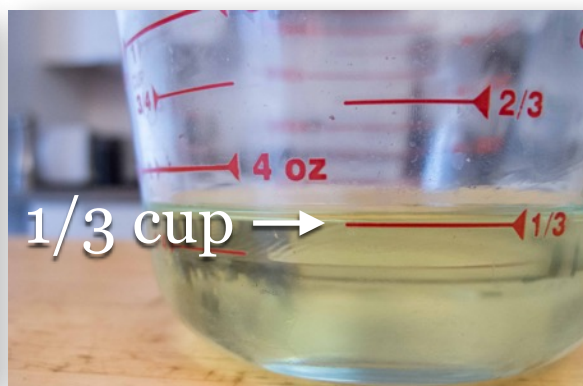
...this. Then...



...pour the **ground nuts, quinoa, and ground flaxseed mixture** into a mixing bowl.



2. Measure and add **1/3 cup canola oil or vegetable oil** to the mixing bowl.



3. Add **1 teaspoon salt** (or about as much as shown in the palm of my hand below), **about 1 1/2 teaspoons** or a **good shake of ground cinnamon**, and **1 tablespoon of vanilla extract**.



4. Stir with a tablespoon and mix in **just enough coffee** or **apple cider** (or any fruit juice) so that what you have in the bowl looks about like...



...this - moist throughout but still granular.



5. Scoop the **dough** out of the bowl with your hands and form the **dough** into a ball.



6. Either refrigerate the **dough ball** for later use and continue with step 7 when you're ready to make a **pie** or...



...move on to step 7 if you're continuing to make a **pie** now.

7. Spray a pie dish with a **light, even coat of cooking spray**.



Then put the **dough ball** in the middle of the pie dish and press it into place as shown in the 3 pictures below until what you have looks about like...



...this.



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