

# Wholesome Recipes

from the *Amazing Wheat Book*

by LeArta Moulton

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## Whole Wheat Pie Crust

2 C whole wheat pastry flour\*  
1 tsp salt  
5 T cold water  
2/3 C lard, shortening or butter  
(lard makes the best pie crusts but is high in fat)

Sift flour and salt together. In separate bowl add to only 1/3 cup of the flour and the cold water. Cut the oil in, with remaining flour to a medium-course texture (size of a pea). Add water and flour mixture and stir with a spoon to form a ball. Roll out and place in pie tins. Chill before baking. Bake 15 minutes or till browned at 350°. Makes 3 single crusts.

**\* Whole wheat pastry flour: substitute 2 T of cornstarch, for 2 T of flour and sift together.**