

KEFIR CULTURED WHOLE WHEAT PIE CRUSTS

makes two large deep dish flaky crusts

1 C. Butter
3 C. Whole Wheat Pastry Flour

Cut flours, and butter into a fine meal with pastry blender.

1 Egg
Ice Cold Kefir Whey



In measuring cup beat egg, then fill to the $\frac{2}{3}$ or $\frac{3}{4}$ cup line with ice cold kefir whey. (*Amount depends on moisture content of flour.*) Mix into meal mixture until it forms a soft ball.

Divide into two parts & roll each into circles about $\frac{1}{4}$ inch thick. Place & shape into pie plates. Flute edges & prick middle with fork design. Set aside at room temperature to culture while you prepare the filling.

To Pre-bake Pie Crust:

Lay a sheet of aluminum foil over dough & carefully scatter pie weights, dried beans or pennies over it. Bake on the middle rack of oven at 325°F for 12 to 15 minutes. Remove the pie weights and the foil, prick the bottom of the crust with a fork, and bake for 10 minutes more or until a light golden color. Can be frozen.

