

Preventive Primary Care ~ Select

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Canola Oil Pie Crust

Easy and much healthier!

This crust recipe was a blue-ribbon crust at the Iowa State Fair ~ where they know good pie crust.

Makes 2 x 9 in crusts:

Mix

2 C All-purpose flour (spoon into measuring cup, then level)

1 tsp Salt

In one measuring cup (do not stir)

½ C Canola Oil (be certain oil is VERY fresh)

¼ C Milk

Add the wet to the dry, mix quickly, form a ball, divide in half, and roll each half. Use.

Do NOT chill the ball or make prior to rolling - because the oil is healthy, polyunsaturated fat, it will separate if kept. The crust can be pre-baked and then stored if desired.

I always buy fresh canola oil if mine is more than a few weeks old.

