

TRANS FAT-FREE CANOLA PIE DOUGH

Ingredients	Amounts
Slivered almonds, skin on	½ cup
All-purpose flour	2¼-2½ cups
Salt	½ tsp.
Baking powder	½ tsp.
Canola oil, chilled in freezer for 2 hrs.	⅔ cup
Egg, beaten slightly	1
Milk, 1 percent	¼ cup
Vinegar	1 Tbsp.

Method

1. In a food processor, add the almond and pulse once or twice for a coarsely ground consistency. Add the flour, salt, and baking powder. Pulse once or twice to combine the ingredients. Add the cold/frozen canola oil. Pulse again once or twice.
2. In a small bowl, combine egg, water, milk, and vinegar. With food processor running, pour liquid ingredients through the feed tube. Turn off machine as soon as ingredients are mixed, about 10 seconds.
3. Remove dough and place on a lightly floured surface. Knead ingredients 4 or 5 times to finish mixing. Divide dough in half. Roll out each half to fit pie plate. Trim and flute edges. Prick all over with a fork. Bake at 400°F (200°C) for about 10 minutes or until golden brown.