

Strawberry Pie Recipe, courtesy of Chef Laura, The Good For You Gourmet



Crust: sift together:

1 cup Lite Spelt flour 1/2 cup Brown Rice Flour 1/2 tsp Sea Salt, fine

*Optional: **1/2 tsp Nutmeg, ground**

Cut in:

1/2 cup Earth Balance Shortening, *available at Thriftys, Planet Organic and Lifestyle Market

1/2 Water, ice cold

Rub shortening into flour to form small pea size blobs of fat: keep cutting in until coarse cornmeal texture forms, and most flour has been incorporated. Now spoon 1 Tbs. of the cold water and stir slowly up from the bottom of bowl for 5-6 seconds, then add another 1 Tbs. of cold water, and fold in again. Repeat process until soft ball of dough forms easily when scooped together with bare hands.

Preheat oven to 425 degrees just before you begin rolling out dough. Now transfer ball to lightly floured surface and pat down into a one-inch thick evenly round flat of dough. Dust both sides with flour, and roll out until 1/4 inch thick, making sure that surfaces kept non-stick with occasional addition of more flour. Use a wide spatula to lift and transfer rolled dough into 8-9 inch pie pan: press any cracked edges together to keep

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pie shell complete. Pinch of any extra that hangs more than 1/2 inch over the edge: fold the extra dough around the edges under to form an even crust edge. Be creative in how you finish the edge: flutes are nicest! If you have pie crust weights, add them to the bottom of the pie shell now. Do NOT poke holes in bottom of crust, as we want the shell to hold in the sauce.

Bake at 425 degrees for 10-12 minutes, or until crust begins puffing up. Reduce heat to 350 for another 10-12 minutes, or until crust evenly browning. Remove from oven and allow to cool before pouring in fruit.

Fruit & Sauce

Prepare the fruit and set aside:

2 pints Strawberries, ripe with hulls removed, sliced

Whisk together in a small pot:

2/3 cup Grapefruit Juice

1 tsp Arrowroot or Cornstarch powder (arrowroot is non-gmo alternative to corn starch, works just the same way, and is available at Lifestyle Market and Planet Organic)

8-10 Mint Leaves, minced

Heat sauce over medium and whisk often: once mixture thickens, remove from heat and cool to room temperature before folding in mint. Fold cool sauce into sliced strawberries, then spread evenly into bottom of cooled pie shell. Chill well before serving generously topped with organic whip cream.

*Chef Laura does not add any sugar to this recipe, as she is satisfied with the natural sweetness and flavors of the strawberries, grapefruit juice and mint. Try it w/o the sugar! More free recipes online at www.gfyg.ca, courtesy of Chef Laura, of the Good For You Gourmet.