

Easy Pie Crust – Vegan

Prep Time: 5 minutes
Cook Time: 5 minutes
Total Time: 10 minutes

Yield: 9-inch pie crust
Calories per serving: 704
Fat per serving: 0

'The McDougall Quick and Easy Cookbook', by John A. McDougall & Mary McDougall, p-279.

Ingredients

- 1 1/2 cups fat-free graham cracker crumbs
- 3 tablespoons thawed and unsweetened apple juice concentrate
-

Instructions

1. Preheat the oven to 350°.
2. Combine the crumbs and concentrate. Mix well. Press into the bottom and sides of a 9-inch nonstick pie pan.
3. Bake for 5 minutes. Cool before filling.
4. If using a no-bake filling, chill and serve, otherwise, bake as directed.

Notes

Nutrition facts (per serving- 1 pie crust): Calories: 704, from fat: 0, total fat: 0g, cholesterol: 0mg, sodium: 64mg, total carbohydrate: 61g, fiber: 4g, sugar: 44g, protein: 4g.