

## No-Roll Paleo Pie Crust



Unsplash Anita Austvika

### Ingredients:

2 cups almond flour  
1 cup coconut flour  
1 cup tapioca starch  
1 teaspoon salt  
1 cup coconut oil, melted  
2 pasture raised eggs

1. Combine everything in a bowl and mix. (I use my hands.)
2. Divide the dough in half, and press each half into a pie plate. Pinch the edges into a pretty, fluted shape.
3. To make a top crust, roll half the dough between two sheets of parchment paper. Cut into shapes using a cookie cutter or knife, and carefully transfer to the top off the pie with a spatula.
4. Fill with your favorite pie filling and bake. Or bake the crust at 350 degrees for 10-15 minutes to fill with an unbaked pie.

Dana Schmidt  
NATUROPATHIC PHYSICIAN

[drdanaschmidt.com](http://drdanaschmidt.com)