

NUT CRUST

INGREDIENTS

½ cup unsweetened coconut

½ cup raw almonds

½ cup brown rice flour or Spelt flour

½ tsp salt

2 tbsp honey or maple syrup

2 tbsp water

DIRECTIONS

1. Place coconut, almonds, flour and salt in food processor.
2. Blend together for 30 seconds
3. Add honey and process for about 15 seconds more.
4. Add water and blend again
5. Press into a lightly oiled 9-inch pie plate, shaping with fingers to make a nicely formed piecrust.
6. Bake at 375°F (180°C) for 10 minutes.