

Sample Baking Recipes from *Baking for Events Webinar*

Presented on 11/10/20 by Sandra Huskey

Whole Wheat Flour Pie Crust

adapted from Eating Well Magazine, Nov. 2020

1/2 cup all-purpose flour
1/2 cup whole-wheat flour
1/8 teaspoon sea salt
6 tablespoons butter (slightly softened)
1/4 plain Greek yogurt
2 tablespoons water

Slightly soften butter and then add both flours and salt and mix with a fork to evenly distribute butter. Add yogurt until combined. Add water 1 tablespoon at a time until the dough holds together without being too sticky or crumbly. Spread approximately 1/3 cup of all-purpose flour onto a pastry mat or board. Shape the dough into a ball and roll the ball covering it completely with all purpose flour so the dough does not stick to the pastry mat. Cover the dough ball with wax paper and roll with a pastry roller to the dimensions of the pie plate. Use a spatula if there is any stickiness transferring from pastry mat to the pie plate.

Cal 107; Fat 6g; Carbs 11g; total sugars 0g;

Almond Flour Pie Crust

adapted from a family recipe

1/2 cup all-purpose flour
1/2 cup almond meal
1/8 teaspoon sea salt
1/2 cup Crisco shortening
2-3 tablespoons water

Place shortening in a mixing bowl and then add both flours and salt and mix with a fork to evenly distribute shortening. Add water 1 tablespoon at a time until the dough holds together without being too sticky or crumbly. Spread approximately 1/3 cup of all-purpose flour onto a pastry mat or board. Shape the dough into a ball and roll the ball covering it completely with all purpose flour so the dough does not stick to the pastry mat. Cover the dough ball with wax paper and roll with a pastry roller to the dimensions of the pie plate. Use a spatula if there is any stickiness transferring from pastry mat to the pie plate.

Cal 123; Fat 12.9g; Carbs 1.1g; total sugars 0g

Healthy Swap Cookie

3 cups of any flour nut or plant-based flour you choose. Mix it up! Used on the Webinar:

1 cup oat flour
1 cup almond meal
1 cup whole wheat flour
1/2 cup coconut sugar
1/2 cup natural unsweetened applesauce (butter alternative)
flax meal 1-egg substitute* (to substitute for egg, see recipe below)
1/4 teaspoon baking powder
1/4 teaspoon sea salt
1 teaspoon pure vanilla
option: add 1 teaspoon cinnamon for additional flavor

Combine all ingredients in a mixing bowl. If too dry, add additional applesauce. This dough will not be overly sticky. It will appear more hearty.

Flax Meal 1-egg substitute:

2 tablespoons flax meal
3 tablespoons cold water.
Mix together and let rest for at least 10 minutes at room temperature before using.

Cal 90; Fat 2.3g; Carbs 14.5g; total sugars 5.9g

Note* The recipe above is a base cookie. Experiment! You can add any additional ingredients such as chopped walnuts, white or dark chocolate chips, raisins, crushed candy cane, etc. *Keep in mind*, each additional add in will add to the total calorie, fat, carb and sugar count.

For example:

- Add 1/2 cup walnuts. Add Cal 10.9; Fat 1.08 g per cookie
- Add 1 12-oz bag of Enjoy Life brand dark chocolate chips. Add Cal.49.5; Fat 6g; Sugar Carbs 8g per cookie