

Swiss Pastry Dough

Courtesy of Dianne Sullivan, *What Can I Eat?: A Guide for Young Adults Living with PKU*

6 tbsp butter

2 cups low-protein baking mix

¼ cup heavy whipping cream

¼ cup water

Blend butter into baking mix with your fingers. Add heavy cream and some of the water, blending until mixture forms a nice dough ball. Refrigerate the dough for about an hour. Roll dough (sprinkle with 1p baking mix and place between two sheets of wax paper) or press with fingers into a pie plate. (Dough should be as thick as a “regular” pie crust. When baking crust without pie filling, prick the crust with a fork and bake at 375 degrees until lightly browned.

Per recipe: 101 mg phe