
NEP

Nutrition Education Program

CAKES – PIES COOKIES



Utah State
UNIVERSITY
EXTENSION

Department of
Workforce Services





CAKES

Cakes are one of America's favorite desserts and are often used to help celebrate special occasions, from weddings to birthdays. They come in all sizes and shapes, from layer cakes to jelly rolls to miniature cakes and cupcakes. Whether an elegantly decorated wedding cake or a down-to-earth carrot cake, there are cakes for every taste and every occasion.

Things to Know

- ◆ Cakes are found in the grain group in the Food Guide Pyramid.
- ◆ When your diet is low in fat and sugar you can occasionally indulge in a slice of cake and still maintain a healthy diet.
- ◆ There are two basic types of cake:

Creamed cakes which contain fat such as butter, margarine or vegetable shortening. They have a fine texture and are tender and moist.

Foam cakes which contain little or no fat. Examples are sponge, angel food or chiffon cakes. These have a larger proportion of egg than butter cakes.

- ◆ Both types of cakes have the same basic ingredients; flour, fat, eggs, sugar, liquid and leavening. When combined with varied other ingredients, such as spices, nuts, and fruits, they take on their own unique flavor and appearance.

Skills

- ◆ Measure ingredients accurately and follow instructions carefully to get the best results.
- ◆ Mixing methods will vary depending on the recipe and type of cake.
- ◆ Test for doneness by inserting a toothpick in the center. If the toothpick comes out clean the cake is done.
- ◆ Frostings, fillings, glazes, or toppings make the cake unique.



Storage

- ◆ Unfrosted cakes can be stored at room temperature for several days if covered with plastic wrap and a layer of foil.
- ◆ They may also be stored in the freezer for longer periods if wrapped tightly in plastic wrap and foil.
- ◆ Frosted cakes can be stored at room temperature for short periods if covered tightly.
- ◆ Cakes can also be stored in the refrigerator for a few days.
- ◆ Cakes with cream fillings or whipped cream should be refrigerated immediately.
- ◆ Freeze frosted or filled cakes wrapped in plastic wrap and foil. Unwrap and defrost in the refrigerator.
- ◆ Cakes with egg white frostings should not be refrigerated. Store in a cake preserver and serve immediately.

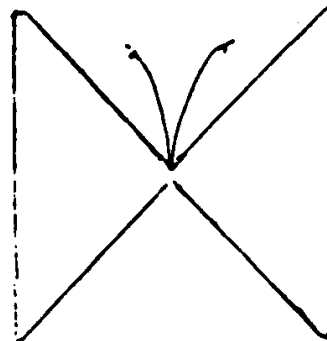
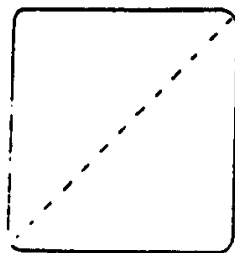


Party Cakes

A little imagination and a few splashes of color can transform an ordinary cake into a child's delight. You can easily make your own party cake and save several food dollars at the same time. Here is a quick, easy example for you to try.

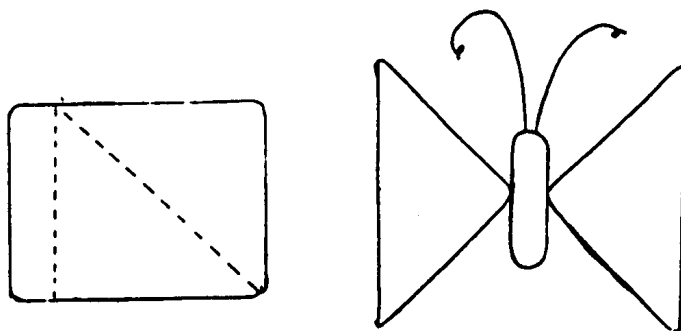
Butterfly Cake

1. Prepare one cake mix of any variety according to package directions.
2. Bake in two square 8" or 9" cake pans.
3. Cool in pans on a wire rack 10 minutes, then remove cakes from pans to rack to cool completely.
4. If desired, the cakes can now be frozen to allow for easier frosting and decorating.
5. For each butterfly: Place one cake layer top side up on a cutting board. With a sharp knife, cut in half diagonally to make two triangles.
6. Frost sides of each triangle; place the two uncut corners touching each other on a serving surface.
7. Frost tops of cake.
8. Designs may be drawn on the wings with a toothpick and then sprinkled with decorating candies or colored sugar.
9. Antennae can be made from licorice laces. Tie a knot at one end of each piece and insert where corners of cake touch.
10. (Optional) A cream-filled snack cake can be frosted and placed between the two wings for a body. The antennae can then be inserted in the end of the snack cake.



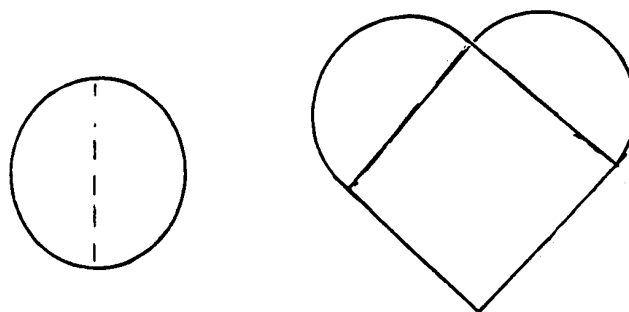


Another variation of this butterfly can be made from a 13" x 9" cake. After baking, cooling and freezing, cut a 3" wide piece off the end of the cake. This can be used for the body. Cut the remaining large piece in half diagonally to use for the wings. Follow the same procedures as previous cake for positioning and decorating.



Heart Cake

1. Prepare any cake mix flavor as directed on package.
2. Divide batter evenly between a greased and floured 8" round and an 8" square baking pan.
3. Bake as directed on package. Cool 10 minutes and remove from pans. Cool completely. (Cake can be frozen for easier frosting, if desired.)
4. Cut round cake in half as shown in diagram. Place cut sides of round cake along two touching sides of square cake. Use a small amount of frosting to hold pieces together.
5. Frost cake and decorate with candy or sprinkles.



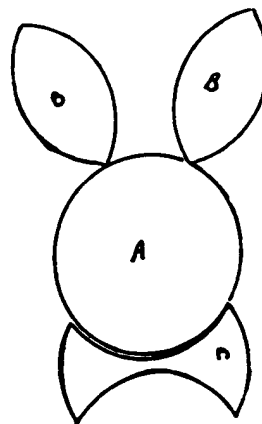
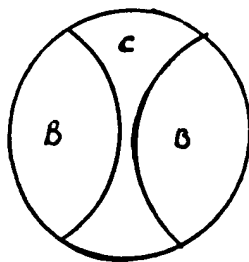
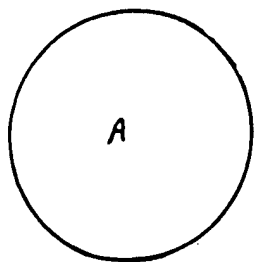


Bunny Cake

1. Prepare one cake mix of any variety following package directions.
2. Bake in two greased and floured 9" round cake pans.
3. Cool for 10 minutes when done. Remove from pans and cool completely on wire racks.
4. Cakes may be frozen for easier frosting.
5. Cut one cake layer as shown in the diagram.
6. Arrange cake on serving tray as shown.
7. Frost with frosting or whipped topping.
8. Sprinkle pink coconut in center of bunny's ears. Sprinkle white coconut over bunny's head and outer edge of ears.
9. Make face and whiskers and decorate the bow tie with assorted candy.

◆ Note: To tint coconut:

Add $\frac{1}{2}$ tsp. water to 3-4 drops of red food coloring. Put coloring and coconut in a plastic bag. Close the bag and shake until the coconut is evenly colored.





Buttercream Frosting

Ingredients:

$\frac{1}{2}$ cup solid vegetable shortening

5 cups powdered sugar

$\frac{1}{2}$ cup butter or margarine

3 Tbsp. milk

$1\frac{1}{2}$ tsp. vanilla

Directions:

In a large mixing bowl with electric mixer, cream butter and shortening; then add vanilla. Add sugar, a cup at a time, beating on medium speed. When all the sugar has been mixed in, icing will appear dry. Add milk and beat at high speed until light and fluffy. Keep icing covered with a damp cloth until you're ready to decorate. For best results, keep icing in refrigerator when not using.

This flavorful icing is ideal for decorating. It may be refrigerated in an airtight container for up to a week. Re-whip before using. Makes $3\frac{1}{2}$ cups.

Buttercream Frosting Nutrition Facts			
Serving Size		1/4 Cup	
Servings Per Container		16	
Amount per serving			
Calories	256	Calories from Fat	118
% Daily Value			
Total Fat	13g	19%	
Saturated Fat	5g	14%	
Cholesterol	30 mg	0%	
Sodium	660 mg	3%	
Total Carbohydrate	5g	23%	
Dietary Fiber	0g	0%	
Sugars	5g		
Protein	5g		
Vitamin A	5%	Vitamin C	0%
Calcium	1%	Iron	0%



Chocolate Frosting

Ingredients:

$\frac{1}{4}$ cup butter
 $1\frac{1}{2}$ Tbsp. cocoa
 3 Tbsp. milk
 powdered sugar (approximately 1 lb.)

Directions:

Melt butter. Add cocoa. Mix until smooth. Add milk. Bring to boil. Beat in powdered sugar until good spreading consistency (approximately 1 pound).

Chocolate Frosting Nutrition Facts			
Serving Size		1/4 cup	
Servings Per Container		16	
Amount per serving			
Calories	116	Calories from Fat	27
% Daily Value			
Total Fat	13g	5%	
Saturated Fat	5g	9%	
Cholesterol	30 mg	3%	
Sodium	660 mg	1%	
Total Carbohydrate	5g	8%	
Dietary Fiber	0g	1%	
Sugars	5g		
Protein	5g		
Vitamin A	2%	Vitamin C	0%
Calcium	1%	Iron	1%



Chocolate Mayonnaise Cake

Ingredients:

2 cups flour	$\frac{1}{4}$ tsp. salt
1 cup sugar	1 cup mayonnaise
$\frac{1}{2}$ cup cocoa	$1\frac{1}{2}$ cups water
2 tsp. soda	1 tsp. vanilla

Directions:

Combine all ingredients together in a large bowl. Beat two minutes. Bake at 350° for 25 to 30 minutes. Especially good for cut out decorated cakes.

Chocolate Mayonnaise Cake Nutrition Facts			
Serving Size		3" Square	
Servings Per Container		12	
Amount per serving			
Calories	282	Calories from Fat	137
% Daily Value			
Total Fat	13g	23%	
Saturated Fat	5g	12%	
Cholesterol	30 mg	4%	
Sodium	660 mg	15%	
Total Carbohydrate	5g	12%	
Dietary Fiber	0g	7%	
Sugars	5g		
Protein	5g		
Vitamin A	1%	Vitamin C	0%
Calcium	1%	Iron	9%



Cookies

Cookies are just about everyone's favorite snack. These treats made from sweet dough, baked in single-sized servings and eaten out-of-hand are probably part of everyone's childhood memories. There are several types of cookies to enjoy. The method of mixing varies but all kinds of cookies are made from the same basic ingredients. These types include: drop, bar, refrigerator, pressed, molded, and rolled.

Things to Know

- ◆ Cookies are found in the grain group in the Food Guide Pyramid. Because of the high fat content they should be eaten only occasionally.
- ◆ Cookies may have important nutrients if they contain fruits, nuts, and whole grains.
- ◆ Cookies are convenient and make good snacks or desserts.

Skills

- ◆ Proper mixing techniques are important when making cookies.
- ◆ Thorough creaming of ingredients before adding flour is necessary for a tender product.
- ◆ If whipping egg whites, whip to wet peaks, rather than dry, then fold in flour gently to maintain tenderness of the product.
- ◆ Avoid over-greasing pans, which causes cookies to spread excessively. Uneven greasing will cause them to stick and not spread enough.
- ◆ Remove cookies from the oven as soon as they are done and place on a rack to cool.
- ◆ Different types of cookies take different mixing methods:
 - Drop cookies- Mix the dough according to the recipe directions. Drop from a spoon onto a baking sheet and bake.
 - Bar cookies- Mix according to recipe directions. Spread in a pan, bake and cut.
 - Molded cookies- Dough is stiffer and molded into desired shapes with the hands.
 - Refrigerator cookies- Dough is usually pressed and molded into shape with the hands to form a long roll. The dough is then wrapped in waxed paper and placed in the refrigerator. When firm, cookie dough can be sliced easily with a thin, sharp knife.
 - Rolled cookies- Soft dough is chilled thoroughly, rolled with a rolling pin on a floured surface and cut with a cookie cutter.



Storage

- ◆ To store crisp cookies, place in a container with a loose cover.
- ◆ To store soft cookies, keep in a tightly covered container.
- ◆ If cookies dry out, place an apple wedge in the container and cover with a tight lid. The cookies will absorb some of the moisture from the apple and become soft again.
- ◆ Baked cookies can be frozen for later use. They should be placed in plastic bags or sturdy freezer containers and may be stored up to 12 months.
- ◆ Unbaked cookies may be frozen for up to six months in freezer containers.



Oatmeal Cookies

Ingredients:

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ tsp. salt
1 cup brown sugar	$\frac{1}{4}$ tsp. cinnamon
1 egg	$\frac{1}{4}$ tsp. water
1 cup flour	$\frac{1}{2}$ tsp. vanilla
2 tsp. baking powder	2 cups oatmeal uncooked
$\frac{1}{2}$ cup nonfat dry milk	$\frac{1}{2}$ cup raisins

Directions:

In a large bowl cream shortening, sugar and egg together. Add flour, dry milk, and baking powder, salt and cinnamon. Mix well. Stir in water and vanilla; add oatmeal and raisins. Drop from teaspoon onto greased cookie sheets. Bake at 375 degrees about 12 minutes or until lightly browned.

Oatmeal Cookies Nutrition Facts			
Serving Size		3"	
Servings Per Container		50	
Amount per serving			
Calories	52	Calories from Fat	21
% Daily Value			
Total Fat	13g	4%	
Saturated Fat	5g	3%	
Cholesterol	30 mg	2%	
Sodium	660 mg	3%	
Total Carbohydrate	5g	2%	
Dietary Fiber	0g	1%	
Sugars	5g		
Protein	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	2%



Peanut Butter Honey Cookies

Ingredients:

$\frac{1}{2}$ cup shortening	1 cup peanut butter
1 cup honey	1 cup sugar
2 eggs	3 cups flour
$1\frac{1}{2}$ tsp. soda	$\frac{1}{2}$ tsp. salt
1 tsp. baking powder	

Directions:

Mix together in order given. Roll into walnut size balls, press flat with fork. Bake at 350° for 5-8 minutes.

Peanut Butter Honey Cookies Nutrition Facts			
Serving Size		3"	
Servings Per Container		50	
Amount per serving			
Calories	115	Calories from Fat	45
% Daily Value			
Total Fat	13g	8%	
Saturated Fat	5g	5%	
Cholesterol	30 mg	3%	
Sodium	660 mg	4%	
Total Carbohydrate	5g	5%	
Dietary Fiber	0g	2%	
Sugars	5g		
Protein	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	1%	Iron	3%



Ginger Snaps

Ingredients:

1 cup packed brown sugar	2 tsp. baking soda
3/4 cup vegetable oil	1 tsp. cinnamon
1/4 cup molasses	1 tsp. ginger
2 eggs	1/2 tsp. cloves
2 cups flour	1/4 tsp. salt

Directions:

Combine sugar, molasses and eggs; beat well. Stir together remaining ingredients. Gradually blend dry ingredients into molasses mixture. Make into 1 1/4 inch balls from a teaspoon. Roll in granulated sugar; place 2 inches apart on greased cookie sheet. Bake at 375° for 10-12 minutes.

Yield: 4 dozen cookies

Ginger Snaps Nutrition Facts			
Serving Size	3"		
Servings Per Container	48		
Amount per serving			
Calories	75	Calories from Fat	33
% Daily Value			
Total Fat	13g	6%	
Saturated Fat	5g	3%	
Cholesterol	30 mg	3%	
Sodium	660 mg	3%	
Total Carbohydrate	5g	3%	
Dietary Fiber	0g	1%	
Sugars	5g		
Protein	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	1%	Iron	3%



Pies

The crowning touch to a delicious meal is a wonderful homemade pie. Small wonder it's America's favorite dessert! The pie crust can frame so many tasty fillings such as fruit, custard, meringue or chiffon pies, whichever you prefer. Fill the crust with a meat filling for a hearty main dish, too. Make regular size pie, tiny tarts or individual pies.

As we all know, the crust can make or break any pie. It just takes a touch of skill to become a master. Practice a few times and you'll be surprised at the fun you'll have while amazing everyone with your ability.

Things to Know

- ◆ Pies are found in the grain group in the Food Guide Pyramid.
- ◆ Because of their filling they will fit in more than one food group.
- ◆ Most pies should be eaten only occasionally because of the high sugar and fat content.

Skills

- ◆ When making a standard pie crust
 1. Combine flour and salt in mixing bowl. With pastry blender, cut in shortening until it is the size of giant peas.
 2. Sprinkle water into the flour, a tablespoon at a time. Mix lightly with a fork until all flour is moistened.
 3. Mix the dough until it nearly cleans the sides of the bowl by itself. If the pastry is over mixed it will be tough because the gluten becomes overdeveloped.
- ◆ When rolling a pie crust
 1. Lightly flour the work surface and your rolling pin to prevent sticking.
 2. For a two crust pie, divide dough in half. Flatten and press the dough into a circle to provide a starting point for rolling out the pastry.
 3. Roll dough from center to outside edges in all four directions. Lift rolling pin as you reach the edge to get an even thickness throughout.
 4. Roll dough until it is a perfect circle, 1" larger than your pie pan.
 5. Fold dough in quarters, place in pie pan and unfold.
 6. Ease the pastry into the pan to keep it from shrinking.
 7. If it's a two crust pie carefully spoon the filling into the pie shell.



- ◆ When making a double crust pie:
 1. Roll upper crust just like lower crust except to the exact pan size. Fold in quarters and slit to let steam escape.
 2. Follow steps 1 through 7. Moisten the edge of bottom crust with water. Gently press upper and lower crust together. Fold lower crust over edge of upper crust or trim away excess dough. Make simple edge with fork.
 3. Place a $1\frac{1}{2}$ " strip of aluminum foil around the edge of the pie to keep it from over-browning. Bake according to filling directions.
- ◆ When making a single crust pie:
 1. Follow steps 1 through 6 except do not divide ball of dough in half.
 2. In a single crust pie, make a higher edge by folding the crust under. Make fluted edge by a pinch and twist of the fingers.
 3. Prick pastry thoroughly to prevent puffing during baking. Bake 8-10 minutes in very hot oven (475° F.).

Storage

- ◆ Methods for pies and tarts vary according to the filling used. Some products will keep at room temperature or in the refrigerator for a few days if wrapped in foil. Some should be served on the same day they are baked.
- ◆ Custard and cream pies must be refrigerated soon after baking. They can be cooled quickly on a rack, then refrigerated.
- ◆ Fruit pies keep best if refrigerated. They can be reheated in a moderate oven to freshen them.
- ◆ Freeze pies unbaked to prevent crust shrinkage. Wrapped in plastic and foil, pies will keep several months.
- ◆ Bake pies and tarts before defrosting.



Cream Pie

Ingredients:

3/4 cup sugar
 7 Tbsp. flour
 1/4 Tbsp. salt
 2 eggs
 3 cup scalded milk

1 tsp. vanilla
 1 baked pie shell
 Whipped cream, slightly sweetened, if desired.
 3 cups scalded milk

Directions:

Mix flour, sugar and salt together in a saucepan. Lightly beat eggs and stir into sugar mixture. Slowly stir the scalded milk into the egg mixture. Heat over low heat, stirring constantly, until mixture thickens. Remove from heat. Stir in vanilla or other flavoring. Fill pie shell and chill until ready to use. Top with whipped cream. Variations: Place sliced fruit in bottom of pie shell and cover with filling.

Yield: 1 pie

Cream Pie Nutrition Facts			
Serving Size	1 Slice		
Servings Per Container	8		
Amount per serving			
Calories	248	Calories from Fat	70
% Daily Value			
Total Fat	13g		12%
Saturated Fat	5g		12%
Cholesterol	30 mg		17%
Sodium	660 mg		10%
Total Carbohydrate	5g		13%
Dietary Fiber	0g		2%
Sugars	5g		
Protein	5g		
Vitamin A	5%	Vitamin C	2%
Calcium	14%	Iron	5%



Pumpkin Pie

Ingredients:

1 (29 oz.) can pumpkin	$\frac{1}{2}$ tsp. nutmeg
$1\frac{1}{2}$ cups sugar	1 tsp. salt
4 eggs, slightly beaten	2 (12 oz.) cans evaporated milk
2 tsp. cinnamon	2 unbaked pie shells
1 tsp. ginger	

Directions:

Combine pumpkin, sugar, eggs, seasonings and evaporated milk. Blend well and pour into pie shells. Bake at 425° for 15 minutes. Reduce oven temperature to 350° and bake another 45 minutes or until filling is set.

Yield: 2 pies

Pumpkin Pie Nutrition Facts			
Serving Size		1 Slice	
Servings Per Container		8	
Amount per serving			
Calories	221	Calories from Fat	66
% Daily Value			
Total Fat	13g		11%
Saturated Fat	5g		9%
Cholesterol	30 mg		16%
Sodium	660 mg		12%
Total Carbohydrate	5g		12%
Dietary Fiber	0g		10%
Sugars	5g		
Protein	5g		
Vitamin A	229%	Vitamin C	4%
Calcium	10%	Iron	7%



Apple Pie

Ingredients:

1 cup sugar	6-8 large apples
2 tsp. flour	2 Tbsp. margarine
$\frac{1}{4}$ tsp. nutmeg	1 tsp. milk
$\frac{1}{2}$ tsp. cinnamon	$\frac{1}{2}$ tsp. sugar
pastry for 2 pie crusts	

Directions:

Line pie pans using half of pastry. Roll out remaining pastry for top crust. Mix sugar, flour and spices. Spread 1 tsp. sugar mixture over bottom of pie shell. Pare and core apples; slice thin. Arrange apples in pie shell, sprinkle with remaining sugar mixture. Dot with margarine. Cut slits in top pie crust and place over apples. Seal, trim and flute edge. Brush top with milk; sprinkle with $\frac{1}{2}$ tsp. sugar. Bake at 400° for 50-60 minutes or until pie crust is golden brown.

Apple Pie Nutrition Facts			
Serving Size		1 Slice	
Servings Per Container		8	
Amount per serving			
Calories	382	Calories from Fat	132
% Daily Value			
Total Fat	13g		23%
Saturated Fat	5g		17%
Cholesterol	30 mg		0%
Sodium	660 mg		10%
Total Carbohydrate	5g		21%
Dietary Fiber	0g		11%
Sugars	5g		
Protein	5g		
Vitamin A	3%	Vitamin C	8%
Calcium	4%	Iron	5%



Raisin Pie

Ingredients:

1 1/3 cup maple syrup
 1 1/3 cup raisins
 3 eggs

1/2 cup chopped nuts
 1 unbaked pie crust

Directions:

Mix syrup, raisins and eggs together and pour into pie shell. Sprinkle with nuts. Bake at 425° for 15 minutes. Reduce to 350° until toothpick inserted in center comes out clean, about 20 minutes.

Yield: 1 pie

Raisin Pie Nutrition Facts			
Serving Size		1 Slice	
Servings Per Container		8	
Amount per serving			
Calories	370	Calories from Fat	183
% Daily Value			
Total Fat	13g		18%
Saturated Fat	5g		12%
Cholesterol	30 mg		23%
Sodium	660 mg		5%
Total Carbohydrate	5g		22%
Dietary Fiber	0g		6%
Sugars	5g		
Protein	5g		
Vitamin A	2%	Vitamin C	2%
Calcium	8%	Iron	10%



Lemon Meringue Pie

Ingredients:

$\frac{1}{2}$ cup sugar	dash of salt	$\frac{1}{2}$ lemon peel grated
3 Tbsp. cornstarch	$1\frac{1}{4}$ cup water	2 Tbsp. Margarine
3 Tbsp. flour	3 egg yolks	1 9" baked pie shell
	$\frac{1}{4}$ cup lemon juice	

Directions:

In a medium saucepan, combine sugar, cornstarch, flour and salt, gradually stir in water. Cook over medium high heat until mixture thickens and is clear. Remove from heat. Separate eggs; save whites for meringue. Beat egg yolks with 1 cup of hot mixture. Add to mixture in saucepan. Bring to a boil and cook two more minutes, stirring constantly. Remove from heat and mix in lemon juice, grated peel and margarine. Pour filling into baked pie shell. Top with meringue.

Meringue

Ingredients:

1 Tbsp. cornstarch	3 egg whites
$\frac{1}{2}$ cup plus 1 Tbsp. cold water	6 Tbsp. sugar

Directions:

In a small saucepan dissolve cornstarch in 1 Tbsp. water. Add remaining water, cook over medium heat until thick and clear. Cool thoroughly. Beat egg whites until foamy and add sugar. Beat until stiff. Add cooled cornstarch mixture to beaten egg whites and blend well. Spread on pie. Bake at 350° for 12-15 minutes or until golden brown.

Yield: 1 9-inch pie

Lemon Meringue Pie Nutrition Facts			
Serving Size		1 Slice	
Servings Per Container		8	
Amount per serving			
Calories	459	Calories from Fat	145
% Daily Value			
Total Fat	13g		25%
Saturated Fat	5g		20%
Cholesterol	30 mg		37%
Sodium	660 mg		12%
Total Carbohydrate	5g		26%
Dietary Fiber	0g		3%
Sugars	5g		
Protein	5g		
Vitamin A	6%	Vitamin C	4%
Calcium	4%	Iron	7%



Traditional Pie Crust

Ingredients:

2 cups flour

1 tsp. salt

2/3 cups shortening

5-7 Tbsp. cold water

Directions:

Sift together flour and salt. Cut in shortening with pastry blender or two knives till pieces are size of peas. Sprinkle 1 tablespoon of the water over part of flour- shortening mixture. Gently toss with fork; push to one side of bowl. Sprinkle next tablespoon water over dry part; mix lightly; push moistened part to the side. Repeat till all is moistened. Press dough into pie plate until it is the thickness desired. Flute edge, press with fork or leave plain.

Traditional Pie Crust Nutrition Facts			
Serving Size		1 Slice	
Servings Per Container		8	
Amount per serving			
Calories	221	Calories from Fat 66	
% Daily Value			
Total Fat	13g	11%	
Saturated Fat	5g	9%	
Cholesterol	30 mg	16%	
Sodium	660 mg	12%	
Total Carbohydrate	5g	12%	
Dietary Fiber	0g	10%	
Sugars	5g		
Protein	5g		
Vitamin A	229%	Vitamin C	4%
Calcium	10%	Iron	7%



Quick Pie Crust

- 1½ cup flour
- ½ tsp. salt
- 1½ tsp. sugar
- 2 Tbsp. milk
- ½ cup cooking oil

Sift together flour, salt, sugar in pie plate with fork to blend ingredients. In a liquid measuring cup, combine 2 Tbsp. milk with ½ cup oil. Stir milk and oil until dispersed. Add milk mixture to flour mixture in pie plate. Stir with fork until mixture clings together and forms a dough. Press dough into pie plate until it is the thickness desired. Flute edge, press with fork or leave plain.

Quick Pie Crust Nutrition Facts			
Serving Size		1 Slice	
Servings Per Container		8	
Amount per serving			
Calories	382	Calories from Fat	132
% Daily Value			
Total Fat	13g		23%
Saturated Fat	5g		17%
Cholesterol	30 mg		0%
Sodium	660 mg		10%
Total Carbohydrate	5g		21%
Dietary Fiber	0g		11%
Sugars	5g		
Protein	5g		
Vitamin A	3%	Vitamin C	8%
Calcium	4%	Iron	5%