

Almond Crust

1 Servings

Prep 0:00 Cook 0:00 Stand 0:00 Total 0:00

Can use as substitute for Graham Cracker Crust.

- 1 cup almonds**
- 1/2 cup oats, or barley flakes**
- 1/4 cup olive oil**
- 1/2 teaspoon salt or herbal salt substitute**
- 3 dates, pitted, (optional)**

Blend or chop Almonds well then add oats or barley flakes and salt, (dates last), blend again. add olive oil and press together in pie dish with fork.

Source: Evan

Amount Per Serving

Calories 1612 Calories from Fat 1248

Percent Total Calories From:

Fat 77% Protein 9% Carb. 14%

Nutrient	Amount per Serving	% Daily Value
Total Fat	139 g	213%
Saturated Fat	16 g	79%
Cholesterol	0 mg	0%
Sodium	1180 mg	49%
Total Carbohydrate	56 g	19%
Dietary Fiber	4 g	17%
Sugars	0 g	
Protein	35 g	

Vitamin A 1% Vitamin C 1% Calcium 0% Iron 40%