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Pie Crust Recipe

This is the pie crust recipe I use. I do recommend you make it in a food processor. I have just found the ingredients stick together better and roll out like a dream. I have had many pie nightmares over the years, patching together chunks of crust for a patch work pie crust. Not pretty but tasty & healthier than refined flours and sugars.

This makes 1 9" pie crust. I usually make top crust separately or make a little extra and make a lattice top crust.

1 cup whole grain flour: oat, spelt, teff, corn, rye, buckwheat

¼ tsp. salt

1/3 cup unsalted butter (grass fed is best!)

1-2 tbs. cold water (I use milk)

Stronger tasting whole grain flours should be used only with a strong tasting pie filling. For example: Rye flour would overpower a strawberry rhubarb pie.

Spread flour evenly into food processor bowl, sprinkle salt on top. Chop butter into small chunks and add to food processor, do not melt butter!

Cover and turn processor on slowly feeding milk through top. When dough balls up it is ready to roll out.

I have found that whole grain crusts roll out easier with a cloth pie pad and sock over the rolling pin. Lightly whole grain "flour" both cloth surfaces.

Bake shell at 350 F for 10 minutes, let cool and fill with favorite pie filling using whole foods, please

OR

Fill shell with fruit filling sweetened with whole sugars, thickened with whole grain flours and remember to cut sugar amount in half or less. Your taste buds will appreciate experiencing all the flavors not just harsh sweetness! Top with 2nd crust or lattice work crust and bake for 45 minutes or so. Until done, basically!

From: Home Bakebook of Natural Breads & Goodies by Sandra & Bruce Sandler

Wheat Free Bread Recipe This will make heavy, dense bread; no light, fluffy bread here!

100% Rye Bread from Uprisings The Whole grain Baker's Book, page 143, revised from the whole grain, women's' cooperative bakery, On The Rise, that used to be in downtown Syracuse.

Mix 2 tbsp. yeast in 2 ½ cup warm water and let rest for 15 minutes.

Add: 1 2tsp. unrefined sea salt, 1/3 cup melted butter, 1 ½ tbsp. chopped parsley, 1/3 cup ground golden flax seed.

Add in 2 cups rye flour, mix for 5 minutes and let rise for 30 minutes.

Add more rye flour, at least 2 more cups, until dough is not so sticky, kneed for 5-10 minutes.

Let rise in a warm place covered with damp towel for 1 hour.

Shape into 2 balls and place on a buttered cookie sheet and let rise for 1 more hour.

Bake at 350F for 45-60 minutes. This is dense bread that does not rise like a modern, hybrid wheat bread will.

Very yummy warm with butter (grass fed) or toasted with butter!

To make a little less intensely rye, use gluten free certified oat flour (Potsdam Food Coop, Bob's Red Mill packaged flour) for the 2 cups you add after the first 30 minute rise session.

If you would like personalized attention around food, health, healing, herbs, Reiki and/or living a more natural lifestyle, please contact Paula Youmell to set up a Nutrition and Health Consultation. She can be reached at the contact information above.

Enjoy radiant health today and every day!

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