



Tart Pastry Shells

$\frac{3}{4}$ cups sifted coconut flour
1 cup plus 2 tablespoons cream cheese
 $\frac{1}{4}$ tsp. salt
3 tablespoons honey

Sift the coconut flour and set it aside. Thoroughly mix all remaining ingredients together. Add coconut flour in last and mix it in well to form the dough. Knead dough with your hands for about 1 minute.

Roll out the dough in a thin layer between waxed paper as described above. Nut and cream cheese dough breaks easily. So putting the bottom crust into a tart pan can be tricky. I find it easiest to cut a circle in the flattened dough and place that piece in the bottom of the tart pan. Add strips of dough to the sides of the pan and mold the pieces together, using dough scraps if necessary, to form an even crust.

The top crust is easy. Roll out the dough as before and place it on top of the filled tart. Cut or tear off excess and seal edges. Bake as directed in recipe. *Compliments of Dr. Bruce Fife, N.D.*

South Pacific Trading Company
Life is short. Drink it in.



15052 Ronnie Drive, Suite 100 ~ Dade City, FL 33523
Ph. 352.567.2200 ~ Fx. 352.567.2257 ~ www.SouthPacificTrading.com