



Healthy Meals

Recipes from Neck, Back and Beyond Healing Arts

Dr. Tomson's Gluten Free Sour Cherry Pie

Cherry Filling

8 cups sour cherries pitted
1 ½ tablespoons gluten free flour
1/8 teaspoons salt
2/3 cup light agave syrup – fair trade
2 tablespoons tapioca

Mix all ingredients together and place into base of pie shell (see below).

Roll out the dough for the top of the pie and place on top, crimp the edges and cover with a pie ring to keep edges from burning.

Bake at 425 for 15 mins the 350 for 40 mins

Cool and enjoy

Gluten Free Crust

1 ¼ cups Bob's Red Mill Gluten Free all purpose flour
½ teaspoon xanthan gum
½ teaspoon salt
2 Pinch of organic raw sugar (fair trade)
6 tablespoons cold butter
1 large egg
2 teaspoons lemon juice

Mix dry ingredients together in a bowl, cut in butter

Mix the egg and lemon juice then add to flour mix

Mix until moist and form a ball, wrap in plastic wrap and chill an hour

Let sit out of fridge for 15 minutes then roll it out, place in pan then see above.

www.neckbackandbeyond.com

10560 Main St., Fairfax, VA

703-865-5690