



Body and Soul Nourishment
Inspiration for a Healthy Lifestyle

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Herb Tart Crust

Makes One 9 inch crust

1-1/2 cups blanched almond flour

1/2 teaspoon sea salt

1 TAB minced fresh rosemary or scallions (white and green parts)

1/4 cup grapeseed oil

1 TAB water

Preheat oven to 350 F

In a large bowl, combine the almond flour, salt and rosemary or scallions. In a medium bowl, whisk together the grapeseed oil and water. Stir the wet ingredients into the almond flour mixture until thoroughly combined. Press the dough into a 9 inch tart pan or pie pan.

Bake for 15 to 20 minutes, until golden brown. Remove from the oven and let cool completely before filling.

Recipe from The Gluten Free Almond Flour Cookbook by Elana Amsterdam