

# Nancy's Nifty Nook

BRADFORD'S ORIGINAL BULK FOOD & HEALTH SUPPLEMENT STORE



MAY IS CELIAC AWARENESS MONTH.....if you would like to learn more about gluten intolerance, drop in this month and talk to one of our staff. We will try to answer your questions.

Food Sensitivity Testing is done by a lady in Aurora. If you are interested, 180 foods are tested for \$80. The best money you will spend, if you are having stomach issues.

## *On-Going Specials thro' out May*

NEW "*Cathy's Kombucha*" - proudly Hand Crafted in Burlington. Drop in & try a sample.

Calling all Ladies....this is for you!

Derma E SALE-Our very popular line of Skin Care Products.

May 6<sup>th</sup>-May 13<sup>th</sup> All Derma E Line  
20 % Off....celebrate Mother's Day  
& enter our Free Draw for a basket  
of goodies just for you!

## Rhubarb Delight

This dessert was served at our "Guess Who's Coming to Dinner" Probus outing on Saturday.

Thanks to Jean Calder....from Let's Break Bread Together United Church Cookbook

**BASE:** Mix and press into a 9"x13" glass pan.

2 cups flour

1 cup butter

2 tsp. white sugar

¼ tsp. salt

Bake at 325F for 10 minutes.

**CUSTARD:** Mix the following ingredients well.

1 cup evaporated milk

¼ tsp. salt

4 Tbsp. flour

2 cups white sugar

6 egg yolks, beaten

Add 6 cups rhubarb

Pour over the base and bake for 1 hour at 325F

**MERINGUE:**

Blend together in a saucepan:

1 Tbsp. cornstarch 2 Tbsp. cold water

Add ½ cup boiling water and cook, stirring until clear & thickened

Let stand until completely cool.

With electric beaters at HIGH speed setting, beat 3 egg whites until foamy.

Gradually add 6 Tbsp. white sugar and beat until stiff, but not dry.

Turn beater to LOW setting and add 1 tsp. vanilla and a pinch of salt.

Gradually beat in cold cornstarch mixture. Beat at High speed and put on pie. Bake 10 minutes at 325F ENJOY!

