

Nancy's Nifty Nook

BRADFORD'S ORIGINAL BULK FOOD & HEALTH SUPPLEMENT STORE



Summer is fast approaching and we all want to feel and look good! If you would like to get rid of the winter sluggishness, try one of our many cleanses.

ON SALE NOW:

RENEW CLEANSSES - 7-30 day cleanses, Parasite & Candida cleanses....pick one that suits you. Also Free pamphlets to help you choose the correct cleanse.

OMEGA ALPHA Special Detox Kit includes LUNG, KIDNEY & LIVER CLEANSSES-these are liquid cleanses that work well but are gentle.

AN \$84.00 VALUE now.....only \$59.99

Also from OMEGA ALPHA 500 ml. Liquid MILK THISTLE

Reg. Price \$39.99 ON SALE \$29.49

Also available WILD ROSE D-TOX 12 day program.....\$53.99 ON SALE: \$46.99

**WHOLY TEA....I love this one as I can drink my cleanse
32 day supply**

Reg. \$44.99 ON SALE... \$39.99.

We also carry BLACK WALNUT, CLOVE AND WORMWOOD if you want to do the Hulda Clarke parasite cleanse.

RHUBARB CUSTARD PIE

Prepare and bake in a 9" pie shell.

In a sauce pan, melt: 3 tbsp butter

Add: 4 cups diced rhubarb 1 ½ cup white sugar

Cover and cook over medium heat until tender (10-15 minutes), stirring occasionally. Meanwhile in a small bowl:

Combine:

3 tbsp tapioca flour

¼ tsp salt

½ cup milk

½ cup white sugar

Beat and mix in:

3 egg yolks

Add small amount of hot rhubarb mixture to milk mixture, mix well and return all to the remaining rhubarb mixture. Bring to a boil, cool and stir for 2 minutes. Pour into a baked pie shell.

Meringue:

Beat 3 egg whites until frothy and stiff peaks; add ½ tsp vanilla and 1/3 tsp cream of tartar.

Gradually while beating, add: ¼ cup white sugar until peaks form. Spread over filling making sure to cover out to crust edges. Bake at 425oF for 10 minutes or until meringue is slightly golden.

RHUBARB PIE

Preheat the oven to 450F

Prepare pastry for 2 crust pie.

Roll out half the crust and line a 9" pie plate.

FILLING:

Mix together: 1/3 cup all purpose flour

1 1/2 cups white or brown sugar

Combine with 4 cups chopped rhubarb [approx. 1" pieces]

Turn into the pastry lined pie plate.

Dot with butter.

Cover with the top crust, seal and flute the edges.

Slit the top crust.

Bake in 450F oven for 15 minutes or until the crust is golden

Reduce heat to 350F and bake for 40-45 minutes longer, or until the fruit is tender and bubbly at centre.

NOTE: This pie is also good with a crumb crust.

This pie could be adapted for Gluten Free diets by using a Kinnikinnack pie shell and substituting Gluten Free flour mix in the recipe.

