

HEALTHY PASTRY RECIPES



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Below I share my two favourite pastry recipes one is spelt based, the other is gluten, grain, dairy, egg-free and vegan. A word about store bought pastry. I largely avoid all wheat but my one exception is a very occasional splurge on puff pastry (because I m nowhere near patient enough to make my own).

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3 4 cup whole wheat pastry flour (Heh, top shrimp recipes; healthy lunchbox ideas; quick & easy chicken dinners; slow-cooker recipes for fall;

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Good Food's best ever healthy pasta recipes are packed with nutritious ingredients perfect for a super satisfying, good-for-you lunch or supper.

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