

BLUEBERRY PIE

Blueberries...nature's M&M's and a nutrient dense fruit perfect for this custardy style pie to bring sweetness in your life while nourishing your soul. This is in a deep dish pie pan recipe, can use less fruit or 2 – 9 inch pies.

SERVINGS	SERVING SIZE	TIME TO MAKE
10	1/10 PIE	35 MINUTES+ bake time

INGREDIENTS

Basic Pie Crust (deep dish single crust pie or double crust pie)

- 2 cups Flour (all-purpose, can use a gluten-free 1:1 flour)
- 1 teaspoon Salt
- 6 Tablespoon Unsalted Butter (can use coconut oil)
- 4 Tablespoons Ice Water

Blueberry Pie

- 4 cups fresh, washed Blueberries* (frozen works super well)
- 3 eggs
- 1/3-1/2 cup Granulated Sugar (depending on sweetness)
- 1/3 cup melted Butter (can use coconut oil, but is different)
- 2 Tablespoons Flour
- 2 Tablespoons Tapioca (if using fresh blueberries) (can use cornstarch or arrowroot)
- 1/2 lemon, juice + zest (optional, but increases blueberry flavor)

DIRECTIONS

Basic Pie Crust

- Preheat oven to 400 F
- Using a food processor (pastry blender can work but takes longer), place flour and salt into and pulse for 1-2 seconds until mixed.
- Add butter (coconut oil) and pulse until small pea size pieces are throughout mixture, usually about 20-25 pulses. Be careful not to overmix.
- Sprinkle cold ice water into food processor and pulse until mixture clumps together. You may need to add more ice water (careful not to add ice).
- Remove from bowl and roll into desired shape for pie crust

- Place in pre greased (butter/coconut oil) pie pan
- Prick with a toothpick/fork throughout crust
- Place dried beans or pie weights and bake for 10 minutes, remove and let cool before adding fruit mixture

Blueberry Pie

- Place blueberries into crust
- Mix eggs, sugar, and butter.
- Gently mix in flour and tapioca, zest lemon into mixture.
- Pour mixture over blueberries in crust. Gently squeeze lemon juice over pie.
- Back in 400 F oven for 15 minutes, reduce heat to 300 degrees and bake for 50 minutes.
- You may need to add aluminum foil on outer crust if it becomes too brown.
- Remove and enjoy!

Nutritional Information per serving: 273 Calories, 13 grams Fat, 8 gram Saturated Fat, 34 mg Cholesterol, 283 mg Sodium, 36 grams Total Carbohydrates, 2 gram Fiber, 13 grams Sugar, 3 grams Protein, 14% Vitamin A, 8% Vitamin C, 6% Calcium, 7% Iron

**Butter used for nutrient analysis*