

Open Faced Cool Blueberry Pie

Equipment: glass baking dish, saucepan, bowl

Preheat Oven: 375 degree Fahrenheit

Prep Time: 20 minutes

Cook Time: 5-8 minutes

Cooling Time: Up to you!

Number of Servings: 6-8, depending on ages

- 1/2 cup organic butter

Put into saucepan over low heat, stir while melting.

- 2 cups cookie crumbs

Pour into bowl of cookie crumbs, mix thoroughly.

Place in pie plate, press together, coating all sides. Place in oven until lightly cooked. Cool.

- 4 Tbsp arrowroot powder or 3 Tbsp cornstarch

- 3 Tbsp sugar cane crystals or apple juice concentrate

- 1/8 tsp sea salt

- 1 cup water

Put into saucepan. Heat and stir until thickens.

- 1 quart blueberries, fresh

- 1 Tbsp organic butter or *Earth Balance* spread

Stir into saucepan mixture, until butter is melted and berries are coated. Pour into pie crust.

- 1 Tbsp lemon juice

Sprinkle over top. Cool or chill. Serve.

What I love about this recipe is that fresh berries are not cooked. A few minutes of cooking the cookie crust is all the oven time you need. You can use thawed and drained frozen blueberries or any fresh fruit of your choice. When it is nectarine season, try some. When you choose gluten or wheat free cookies, you have a pie everyone can enjoy. Of course, for special occasions, some real ice cream or whipped cream offers a nice topping. Just be careful of the amount of sugar, please! The cookie crust make this a sweet pie already.

4 God-made Food Colors: tan, white, blue, yellow

5 Food Groups: whole grains, sweet, water, fruit, EFAs

PERFORMANCE RATING: 4/5

A 4/5 Performance Rating is good for a dessert/snack. What stands out is the extremely high phytonutrient, immune building rating of the blueberries. If you use wild blueberries, you have topped the other by another 48 percent. Along with their fiber content, this helps offset the sugar found in this pie. Frozen berries are also an option. Whatever works for you, make it so your family and friends can enjoy brain building blueberries!

***KKA** means awarded the Kid Critics Approved Seal