# Blueberry Walnut-Streusel Pie 

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## Servings: 8

W ALNUT STREUSEL
1/2 cup all-purpose flour
1/4 cup packed light brown sugar
1/4 cup granulated sugar
1/4 cup unsalted butter, chilled and cut into small pieces
1/3 cup chopped walnuts
FILLING
1 nine-inch uncooked pastry crust (either a refrigerated boxed crust OR
homemade see recipe Pie Pastry in Desserts/Pies)
4 cups blueberries
1/2 cup granulated sugar
3 tablespoons cornstarch
1/4 teaspoon ground nutmeg
2 teaspoons milk.

To prepare the streusel: In a large bowl, combine the flour, light brown and granulated sugars. Cut in the butter with fingers or a pastry blender to form a streusel. Add the walnuts and toss to combine. Refrigerate.

Preheat the oven to 425 degrees.
Place the pastry in the pie pan. Crimp the edges.

To prepare the filling: In a large bowl, combine the berries, sugar, cornstarch and nutmeg. Mix with a spoon and transfer to the prepared pastry. Sprinkle with the streusel. Brush the pastry edges with milk.

Bake for 10 minutes. Reduce the temperature to 350 degrees. Bake for 35 minutes or until the streusel is golden brown and the juices are bubbling. Check after 20 minutes; if the edges are browning too quickly, cover with strips of foil.

Let cool completely on a wire rack.

Do not even think about cutting the pie while its' still hot. Berry pies need time to cool so their juices thicken.

Per Serving (excluding unknown items): 262 Calories; 9 g Fat (30.0\% calories from fat); 3 g Protein; 45 g Carbohydrate; 2g Dietary Fiber; 16 mg Cholesterol; 9 mg Sodium. Exchanges: $1 / 2$ Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1 1/2 Other Carbohydrates.

| \% Calories from Fat: | 30.0\% |
| :---: | :---: |
| \% Calories from Carbohydrates: | 66.1\% |
| \% Calories from Protein: | 3.9\% |
| Total Fat (g): | 9 g |
| Saturated Fat (g): | 4 g |
| Monounsaturated Fat (g): | 2 g |
| Polyunsaturated Fat (g): | 2 g |
| Cholesterol (mg): | 16 mg |
| Carbohydrate (g): | 45 g |
| Dietary Fiber (g): | 2 g |
| Protein (g): | 3 g |
| Sodium (mg): | 9 mg |
| Potassium (mg): | 128 mg |
| Calcium (mg): | 18 mg |
| Iron (mg): | 1 mg |
| Zinc (mg): | trace |
| Vitamin C (mg): | 10 mg |
| Vitamin A (i.u.): | 306 IU |
| Vitamin A (r.e.): | 62 1/2RE |
| Nutrition Facts |  |
| Servings per Recipe: 8 |  |
| Amount Per Serving |  |
| Calories 262 | Calories from Fat: 79 |
|  | \% Daily Values* |
| Total Fat 9g | 14\% |
| Saturated Fat 4g | 21\% |
| Cholesterol 16 mg | 5\% |
| Sodium 9mg | 0\% |
| Total Carbohydrates 45g | 15\% |
| Dietary Fiber 2g | 10\% |
| Protein 3g |  |
| Vitamin A | 6\% |
| Vitamin C | 16\% |
| Calcium | 2\% |
| Iron | 5\% |

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[^0]:    * Percent Daily Values are based on a 2000 calorie diet.

