

Deep Dish Blueberry Pie

Ginny Simon

Unitarian Universalist Fellowship of Vero Beach, FL 2000

*1 quart blueberries
1 tablespoon flour
1/2 cup sugar
2 tablespoons lemon juice
pastry for a one-crust pie*

Preheat the oven to 400 degrees.

Wash and drain the blueberries.

In a bowl, mix the flour and sugar together. Then lightly toss the mixture with the blueberries until they are coated.

Pour the blueberries into a 1-1/2 quart casserole. Sprinkle the lemon juice over the berries.

Meanwhile, roll out the pastry so that it is about one inch larger all around than the top of the casserole. Place the pastry over the berries. Trim the edges. Press the pastry to the sides of the casserole.

Flute the edges and cut several slits in the pastry to let the steam escape.

Bake for 30 to 35 minutes until the crust is browned.

(You can serve this dessert with whipped cream or vanilla ice cream.)

Per Serving (excluding unknown items): 748 Calories; 2g Fat (2.6% calories from fat); 5g Protein; 190g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 36mg Sodium. Exchanges: 1/2 Grain(Starch); 5 1/2 Fruit; 6 1/2 Other Carbohydrates.