

Peach-Blueberry Pie

*Best Loved Desserts - 2013 Cookbook
Better Homes and Gardens Magazine*

Servings: 8

*2 pastry crusts
5 cups peeled, sliced fresh peaches OR
frozen peach slices, thawed
1 cup fresh OR frozen blueberries,
thawed
1/3 cup packed brown sugar
2 tablespoons cornstarch
2 tablespoons bourbon (optional)
1/2 teaspoon ground cinnamon
2 tablespoons Packed brown sugar*

Preparation Time: 30 minutes

Bake: 50 minutes

Preheat the oven to 375 degrees.

Prepare the pastry: On a lightly floured surface, slightly flatten one crust. Rough the dough from the center to the edge into a twelve-inch circle. Wrap the pastry circle around a rolling pin. Unroll into a nine-inch pie plate. Ease the pastry into the pie plate without stretching it. Trim the edge of the crust to 1/2-inch beyond the pie plate. Set aside.

For the filling: in a bowl combine the peaches, blueberries, brown sugar, cornstarch, bourbon (if desired) and cinnamon. Transfer the filling to the pastry-lined pie plate.

On a floured surface, roll the remaining crust into a twelve-inch circle. Cut into one-inch-wide strips. Weave the strips over the filling in a lattice pattern. Press the ends into the bottom pastry. Trim the pastry to 1/2-inch beyond the edge. Fold the bottom pastry over the ends of the strips; crimp the edge. Sprinkle with the two tablespoons of brown sugar. Cover the edge with foil to prevent overbrowning.

Place the pie in the oven on a baking sheet. Bake for 25 minutes. Remove the foil. Bake about 25 minutes more or until the filling is bubbly and the crust is golden,

Cool on a wire rack.

Per Serving (excluding unknown items): 55 Calories; trace Fat (0.1% calories from fat); trace Protein; 14g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 1 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	55	Vitamin B6 (mg):	trace
% Calories from Fat:	0.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	trace
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value:	0.0%
Carbohydrate (g):	14g		
Dietary Fiber (g):	trace		
Protein (g):	trace		
Sodium (mg):	5mg		
Potassium (mg):	44mg		
Calcium (mg):	12mg		
Iron (mg):	trace		
Zinc (mg):	trace		
Vitamin C (mg):	trace		
Vitamin A (i.u.):	trace		
Vitamin A (r.e.):	0RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	55	Calories from Fat:	0
% Daily Values*			
Total Fat	trace		0%
Saturated Fat	trace		0%
Cholesterol	0mg		0%
Sodium	5mg		0%
Total Carbohydrates	14g		5%
Dietary Fiber	trace		0%
Protein	trace		
Vitamin A			0%
Vitamin C			0%
Calcium			1%
Iron			2%

* Percent Daily Values are based on a 2000 calorie diet.