

Blueberry Pie

Courtesy of Dianne Sullivan, *What Can I Eat?: A Guide for Young Adults Living with PKU*

2 cups fresh or frozen blueberries plus 2 cups fresh blueberries

1 cup sugar

3 tbsp cornstarch

dash of salt

¼ cup water

1 tbsp butter

Cook 2 cups of blueberries (fresh or frozen) with the sugar, cornstarch, salt, and water, in a saucepan until thick. Remove from heat and stir in butter. Let cool. Bake a 9-inch pie shell (see recipe below) and let cool. Put the 2 cups fresh blueberries in the cooked pie shell. Pour cooled sauce over the fresh berries and chill. Top with whipped topping.

Serves 8

Per serving (pie filling only): 10 mg phe

Per serving (filling and Swiss Pastry dough pie crust): 23 mg phe