

# Classic blueberry pie

## Servings

10 SERVINGS

## Prep Time

30 MINUTES

## Cook Time

40 MINUTES

## Ingredients

### Blueberry pie filling

- 24 ounces blueberries
- 1/4 cup honey or agave syrup
- 1/2 lemons (omit for migraine diet)
- 1 tsp cinnamon
- 1/4 cup tapioca flour

### Gluten-free pie crust Make in 2 bowls

- 2/3 cup grapeseed oil light olive, sunflower, safflower, corn, or canola
- 2-2/3 cups all-purpose gluten-free flour mix Bob's Red Mill All-Purpose Gluten-Free Baking Mix (300 g)
- 2 tsp xanthan gum psyllium husk powder
- 1/2 cup soy milk rice milk, milk

## Instructions

1. Wash the blueberries and drain well.

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2. Mix the tapioca and the cinnamon. Juice the lemon (if using) and add to the dry mixture, stirring until well mixed. Add the honey or agave syrup and stir. For migraine diet, you can add 2-3 packets of stevia if you like.

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3. Put the blueberries in a large bowl and pour this mixture over them, letting it sit while you make the crust.

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4. Preheat the oven to 375F/190C/gas mark 5.

5. Make each crust in a separate bowl. For some reason, I've never had it come out right if I double the recipe.

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6. Use a whisk to mix the flour and xanthan gum or psyllium husk powder until one color. Add the oil and milk and stir with a fork just until it comes together. Mom always said, "It should be streaky."

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7. Roll out the bottom crust and put it into the pie dish.

8. Pour in the berries. Put the top crust on. Crimp the edges together using a fork or your fingers. Trim off the excess. Cut a few slits in the top to allow steam to escape.
9. Bake for 35-40 minutes. Check after 35 minutes. If it's light golden brown and you're starting to see the filling bubble up, pull it out now. It often will boil over in the last 3 or 4 minutes if you're trying to get it more brown. So don't.
10. Place on a wire rack to cool completely. The filling will firm up the longer it sits and will get very firm on day three - if the pie lasts that long!

## Recipe Notes

### Per serving:

- 293 calories
- 15 g fat
- 0 g cholesterol
- 199 mg sodium (may be less depending on your gluten-free flour blend and milk)
- 79 mg potassium
- 40 g carbohydrate
- 3 g fiber
- 16 g sugars
- 2 g protein
- 8 Weight Watchers Points Plus

Diabetics can use agave syrup to lower the glycemic index of this pie. If you use a GF flour mix that includes bean flour, you'll have some protein in the crust that will help keep blood sugar balanced.