



PREPARATION: 5 MINUTES

COOKING: 45 MINUTES

8 SERVINGS

# READY-IN-A-FLASH FRUIT PIE

## INGREDIENTS

1 pie shell (frozen  
or home-made)

2 cups blueberries

2 cups raspberries

2 tablespoons sugar

1 teaspoon cinnamon

1 teaspoon lemon juice

1 cup flour

½ cup sugar

2 tablespoons unsalted  
butter, melted

1 large egg

## Nutrient Analysis

### PER SERVING:

1/8 of recipe

### RENAL EXCHANGE:

2 Starch + 1 Fruit

Calories	281Kcal
Protein	5g
Carbohydrates	47g
Fibre	4g
Total Fat	9g
Saturated Fat	4g
Cholesterol	32mg
Sodium	83mg
Potassium	123mg
Phosphorus	56mg

## PREPARATION

- 1 Let the pie shell defrost at room temperature for a couple of minutes and preheat the oven to 350°F.
- 2 In one bowl, fold together the blueberries, raspberries, sugar, cinnamon and lemon juice. Pour into the pie shell.
- 3 In a second bowl, mix together flour, sugar, melted butter and egg. Spread this mixture over the berries in the pie shell.
- 4 Bake for 45–60 minutes until the pie shell is golden brown and the fruit become bubbly.