

Blueberry Pie

HolisticQ Signature Recipe

This pie is not only delicious, but easy to serve! Great choice for the 4th! Every pie starts with the crust. This crust is exceptional...flaky, strong, and delicious! If you have never made a homemade blueberry pie, you will also be amazed how simple the filling is.

Coconut Oil Pie Crust...

4 cups flour (try spelt flour for a delicious change)

1 tsp salt

1 and 1/3 cup solid coconut oil (not liquid)

12-18 Tablespoons ice cold water

1 egg white for brushing top crust

Blueberry filling...

3 pounds frozen blueberries (frozen are better for baking, fresh will burst)

3 Tbsp. corn starch or tapioca starch

1/2 cup honey, or pure maple syrup

You will need a 10 inch deep pie dish or cast iron skillet

Make the Pie!

Preheat oven to 400° F.

- Add flour and salt to a large mixing bowl and whisk to combine. Next, cut in the solid coconut oil with a pastry cutter or fork until a consistency of wet sand is achieved. Add cold water 1 tablespoon at a time and use a wooden spoon to mix. Add only enough water to form a dough ball.
- Place dough ball on a generously floured surface and kneed the dough, folding and turning often, until dough is easily handled without sticking to your hands or the floured surface.
- Divide the dough in 2 separate pieces and roll out each to 1/8 inch thickness to form the top and bottom crust.
- Place bottom pie crust in the 10 inch deep pie dish and trim excess.
- Mix the 3 pounds of thawed blueberries, corn starch, and honey. Pour filling into bottom pie crust.
- Place top crust and trim... then seal using fingers or fork. Slit top crust in several places to vent.
- Brush entire top crust with egg white for a more finished look.
- Bake pie for 30 minutes at 400°f and then reduce oven temp to 350°f and cook for 1 hour (or to desired browning).

Enjoy!

Remember to save the trimmed excess crust and simply roll and bake it for 20 or so minutes as an Ice Cream cookie!