

## Triple Berry Pie

**Prep Time:** 10 minutes

**Cook Time:** 40-50 minutes

**PANS/EQUIPMENT:** pie plate, medium, bowl

**Number of Servings:** 6-8, depending on ages

**PREHEAT Oven:** 400 degree Fahrenheit

### **Pastry dough for 9" double pie crust**

God Bless those who make it from scratch.

Otherwise, buy pre-made. For double, buy 2 singles, pull second one off and use for top. Look for spelt or whole wheat crusts, or gluten-free.

### **6 cups frozen mixed berries, Wyman's of Maine**

Thaw and strain out juices. Save 2 Tbsp. (For fast results, microwave to thaw or place in preheated oven for a few minutes.)

### **2 TBsp. flour, whole wheat, spelt or gluten-free**

**2 TBsp.cornstarch**, look for Non GMO

**3/4 cup sugar cane crystals**

**1/2 cinnamon**

Combine in bowl.

### **2 TBsp. berry juice from thawed berry mix**

Add juice and thawed strained berries to bowl of dry mix. Stir until all is well blended. Pour into dough lined pie plate. Top with remaining pastry dough. Press edges together. Put fork holes or other decorative versions in the top.

### **1 egg white**

Whip with a small wire whisk until frothy. Brush over top of the pie dough to give it a glaze. Place pie in oven. Bake for 40-50 minute. Keep your eye on it!

OPTION: Use any combination of frozen berries.

**4 God-made Food Colors:** tan, red, blue, purple/black

**5 Food Groups:** grains, fruit, spices, sweet, eggs

### **PERFORMANCE RATING: 4/5**

This is an adapted version of Wyman's Wild Blueberry Pie recipe. And it is Kid Critic.s Approved, "This is the best pie I've ever had!" Choice of berries makes a difference. The soil they are grown in makes a difference. Wyman's of Maine provides a combination that is hard to beat. The kids could taste the difference and so will you. The amount of sugar used may be reduced as desired. Key to success is the straining of juices after thawing. If you don't your pie will be too runny.

A pie with a 4/5 Performance rating provides a good treat. These numbers are high because three kinds of berries are used. We encourage this mix so your phyto-nutrients counts are increased. Win over your holiday guests now and

during the rest of the year. Replace birthday cakes with pies... better for everyone. They are super yummy, just ask the Kid Critics!