

NO-BAKE MINI BLUEBERRY PIES







SERVES: 12 (1 pie each) Prep Time: 20 min. + 4 hrs. to freeze and chill Cooking Time: 10 min.

CONTAINER EQUIVALENTS (per serving): 1½ 1½ 1/2

CRUST: 2²/₃ cups

coarsely crushed graham crackers,

gluten-free, vegan

1 Tbsp. pure maple syrup

1/4 cup + 2 Tbsp. extra-virgin organic coconut oil,

melted

FILLING:

31/2 cups fresh blueberries, divided use

coconut sugar ½ cup

1 cup water

1 dash sea salt (or Himalayan salt)

cornstarch (preferably GMO-free) + 3 Tbsp.

3 Tbsp. water (combine to make

a slurry)

fresh lemon juice 2 Tbsp.

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners Nonstick cooking spray (optional)

CRUST:

- 1. Prepare twelve muffin cups by lining with muffin papers (or coating with spray, if desired). Set aside.
- Place graham crackers in food processor (or blender); process until finely ground.
- **3.** Add maple syrup and oil; pulse until thoroughly combined.
- 4. Place 2 Tbsp. graham cracker mixture into each muffin cup: press down with fingers, molding it to cover the bottom and sides of each muffin cup.
- Place muffin cups in freezer to set.

FILLING:

- 1. While muffin cups are in freezer, bring 2 cups blueberries, sugar, water, and salt to a boil in medium saucepan over medium-high heat. Reduce heat to medium-low; gently boil, stirring occasionally, for 6 to 8 minutes, or until blueberries have burst.
- 2. Add cornstarch slurry; cook, stirring frequently, for 1 to 2 minutes, or until mixture thickens.
- 3. Remove from heat. Add remaining 1½ cups blueberries and lemon juice: mix well. Chill in refrigerator until blueberry mixture has reached room temperature.
- 4. Fill each muffin cup with ½ cup blueberry mixture. Chill muffin cups in refrigerator for approx. 2 hours, or until blueberry mixture has set.

RECIPE NOTE:

Freeze leftovers in an airtight container for up to 3 months.

NUTRITIONAL INFORMATION (per serving): Calories: 212 Total Fat: 10 g Saturated Fat: 6 g Cholesterol: 0 mg Sodium: 117 mg Carbohydrates: 31 g Fiber: 2 g Sugars: 17 g Protein: 2 g

Recipes containing the 📆 icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the 💟 icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

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