

## Mixed Berry Pie



Serves 8 large (293 cal)  
12 smaller (196 cal)

Preheat oven to 180°C

Pie crust: (1720 cal in total)

1 ½ cups of almond meal

½ cup of coconut flour

1 egg

2 tablespoons (20ml each) of coconut oil

2 tablespoons of rice malt syrup

Mix all ingredients in a food processor pulsing until it forms a ball, or mix by hand until a ball forms which comes away from sides of bowl easily.

Spray a large pie dish with some extra virgin olive oil spray, pat the mixture into the dish.

(if using the crust for a raw filling such as fruit and cream, it can be blind baked in oven for 8-10 mins until crusty. It does not need to be blind baked if the filling is to be cooked in the pastry)

Filling: (624 cal in total)

4 cups of mixed frozen berries

1/3 cup of strawberry sugar free spread

1-2 teaspoons of arrowroot mixed in water (add to get thick consistency)

Place berries and spread in a pan and cook until the berries are soft and the water from the berries has reduced by around ½ the volume.

Mix the arrowroot in the water and add slowly until the mix is thickened to a thick jam consistency (may or may not need all the arrowroot)

Add the berry mix to the pie crust and bake for 9-12 min until crust is brown and crispy.