

Blueberry Ice Cream Pie

NUMBER OF SERVINGS: 8

Ingredients

- Ontario blueberries 2 pints (1000 mL)
- Sugar 1 cup (250 mL)
- Water 2 cups (500 mL)
- Cornstarch ¼ cup (60 mL)
- Ready 9" pie crust 1
- Vanilla ice cream 1 quart (1000 mL)
- Orange juice 2 Tbsp (30 mL)

Directions

1. In a large saucepan, combine blueberries and sugar.
2. Mix water and cornstarch together and stir into blueberry mixture.
3. Cook at a simmer until sauce is thickened.
4. Reserve ½ cup of the mixture for decorating the top. Cool.
5. Spoon blueberry mixture into pie crust.
6. Spoon ice cream over blueberries.
7. Beat orange juice into reserved blueberry mixture. Drizzle over ice cream.
8. Freeze. Remove pie 15 minutes before serving to thaw enough to cut. Cut into wedges to serve.

NUTRITION PER SERVING

Calories 368 | Protein 5g | Fat 9g | Carbohydrates 69g | Fibre 2g | Sodium 165mg



Blueberries are one of the very few “true blue” foods and they get their bright blue colour from anthocyanins, a naturally occurring plant compound.



Blueberries contain anthocyanins, a type of antioxidant. Antioxidants help protect cells from damage that naturally occurs with age.



Brian is a high-bush Blueberry farmer in Pembroke, Ontario. Brian enjoys farming blueberries because they have lots of health benefits, they are versatile, and they can be incorporated into many delicious recipes including the blueberry gourmet foods that his farm produces.

Desserts



*Recipe
and photo
provided by:*

