

# Blueberry Pie

Yield: 8 min

Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-blueberry-pierogi-recipe>

## Ingredients:

- 6 cups blueberries about 2 1/4 pounds or 1 kilo of fresh, or frozen, rinsed and stems removed, if using frozen, defrost and drain first
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1/4 cup cornstarch all-purpose flour, or quick cooking "minute" tapioca, for thickening
- 1/2 cup white granulated sugar 100g
- 1/2 teaspoon canela
- 1 egg
- 1 tablespoon milk

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 25 milligrams
4. Fat: 0.5 grams
5. Fiber: 3 grams
6. Protein: 2 grams
7. Sodium: 10 milligrams
8. Sugar: 26 grams

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