

READY IN A FLASH FRUIT PIE

INGREDIENTS

<u>1 pie shell</u> (frozen or home-made)	<u>1 teaspoon lemon juice</u>
<u>2 cups blueberries</u>	<u>1 cup flour</u>
<u>2 cups raspberries</u>	<u>1/2 cup sugar</u>
<u>2 tablespoons sugar</u>	<u>2 tablespoons <i>unsalted</i> butter,</u> <u>melted</u>
<u>1 teaspoon cinnamon</u>	<u>1 large egg</u>

PREPARATION

- 1** Preheat the oven to 350°F. If using store-bought dough, let the pie shell thaw at room temperature for a couple of minutes. Use a nonstick spray to coat the bottom of a pie dish, place dough into pie dish.
- 2** In a bowl, fold together the berries, sugar, cinnamon and lemon juice. Pour into the pie shell.
- 3** In a small bowl, mix together flour, sugar, melted butter and egg. Spread this mixture over the berries in the pie shell.
- 4** Bake for 45–60 minutes until the pie shell is golden brown and the fruits become bubbly.



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Nutrient Analysis

PER SERVING

1/2 of recipe

Renal/Diabetic Exchanges:

2 Starch + 1 Lower-Potassium Fruit + 2 Fat

Calories	289
Protein	4g
Total Carbohydrate	47g
Fiber	4g
Sugars	22g
Fat	10g
Saturated	4g
Cholesterol	31mg
Sodium	99mg
Potassium	125mg
Phosphorus	59mg
Calcium	24mg
Iron	2mg
Magnesium	17mg
Vitamin C	12mg

Diet Types

- | | |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input checked="" type="checkbox"/> Transplant |

POTASSIUM CHECK ✓

Store-bought pastry shells

While moderation is recommended to limit unwanted fat and calories, an occasional dessert like fruit pie, can be part of your low-potassium kidney diet. If time allows, and you make your own crust, it can be easier to control the amount of sodium and phosphorus additives you are eating. If not, keep in mind the following tips when using a store-bought pastry shell.

Label reading: Review labels when using a pre-made crust. Read the *Nutrition Facts* label and the *Ingredients* list for the best selection. Depending on the type of preservatives used, the crust may be high in salt and phosphorus additives.

Portion size: The portion that you eat is also important. You can cut the pie into more than the recommended 8 slices to reduce salt intake.

Pie fillings: Choosing certain fruit fillings can reduce the amount of potassium in your dessert. Select lower-potassium foods such as apple, blueberry, cherry, blackberry or strawberry in place of higher-potassium banana or pumpkin.

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