

Heart Healthy Blueberry Pie

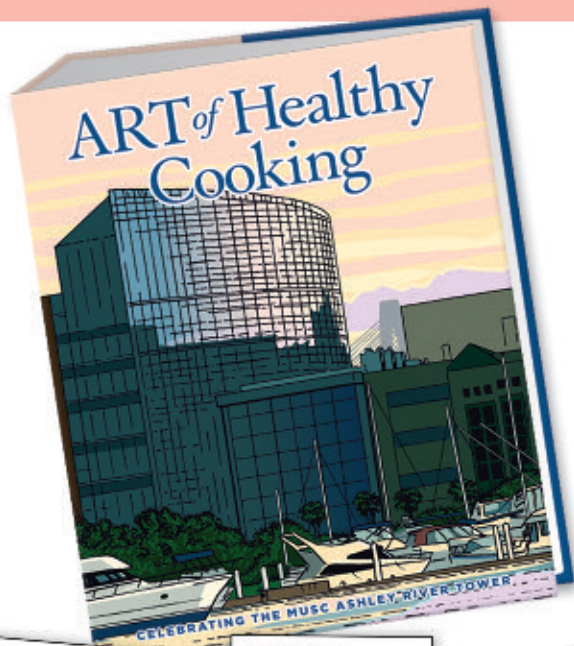
5 c. fresh blueberries
 1 (9-in.) reduced fat graham cracker pie crust
 ¾ c. firmly packed brown sugar
 3 T. all-purpose flour
 1½ tsp. vanilla
 ¼ tsp. lemon zest
 1 (8-oz.) carton low-fat sour cream
 ¼ c. dry bread crumbs
 1 T. sugar
 1 T. soft margarine (trans-fat free), melted

Recipe Submitted By:
 Louis Yuhasz, MUSC Volunteer

RECIPE OF THE MONTH

Preheat oven to 375°. Place blueberries evenly on graham cracker crust. In a medium bowl, combine brown sugar, flour, vanilla, lemon zest, and sour cream; mix well. Spread mixture evenly over blueberries. In a small bowl, combine bread crumbs, sugar, and margarine; mix well (mixture should be crumbly). Sprinkle over sour cream mixture. Bake pie for 40 minutes, or until it is set and crumbs are lightly browned. Let cool 1 hour on wire rack. Serves 8.

Note: Nutrition facts per serving: 312 Calories; 8g Fat; 2.5g Saturated Fat; 57g Carbohydrates; 3g Protein; 4g Fiber; 11mg Cholesterol; 166mg Sodium



Created By: Medical University Women's Club, Heart Health, & Health 1st of the Medical University of South Carolina (MUSC)
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Cookbook Gross Sales: \$27,000

Special Features:

Playing off the name of the MUSC Ashley River Tower, *ART of Healthy Cooking* successfully carries its art theme throughout and celebrates South Carolina cooks, artists, and the MUSC. The cookbook itself is a piece of art – dividers feature beautiful artwork found in the Ashley River Tower, and delicious *and* healthy recipes include nutritional information from registered dietitians. It's no wonder this cookbook was a success!



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