



Sugar-Free Blueberry Pie (Diabetic-Friendly) Description:

This delicious sugar-free blueberry pie is perfect for those looking for a diabetic-friendly dessert. It features a low-carb almond and coconut flour crust and a sweet, juicy blueberry filling without any added sugars.

Ingredients:

Crust:

- 1 1/2 cups almond flour
- 1/4 cup coconut flour
- 1/3 cup unsalted butter, melted
- 1 large egg
- A pinch of salt

Filling:

- 4 cups fresh or frozen blueberries
- 1/2 cup sugar substitute (erythritol, monk fruit, or allulose)
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon (optional)
- 2 tablespoons chia seeds or 2 tablespoons cornstarch for thickening

Instructions:

1. Preheat oven to 350°F (175°C). Mix crust ingredients, press into pie dish, and pre-bake 8–10 minutes.
2. Combine blueberries with sweetener, lemon juice, vanilla, cinnamon, and thickener. Allow to sit briefly.
3. Pour filling into crust and bake 35–45 minutes until bubbly and golden.

Nutritional Estimate (Per Slice, Approx. 1/8 Pie):

- Calories: ~200–220
- Total Carbs: ~10–12g
- Fiber: ~4–5g
- Net Carbs: ~6–8g
- Fat: ~16–18g
- Protein: ~5–6g