

# Berry Compote Pie

PREP TIME: 10 MINUTES

COOK TIME: 30-35 MINUTES

YIELDS: 1 ROUND PIE (~7-8 SLICES)

## Ingredients

### Crust:

- ¾ cup blanched almond flour
- ½ cup coconut flour
- ¼ tsp. sea or kosher salt
- 1 tablespoon ground cinnamon
- ¼ cup coconut oil, melted
- ½ cup honey
- 1 egg, raw
- 1 tsp. vanilla extract
- ½ cup butter, melted

### Filling:

- 1 cup blueberries
- 1 cup blackberries
- 1 cup strawberries
- 1 tsp. cinnamon
- ¼ cup honey



## Nutrition Content for 1 Slice (8 per pie)

Calories: 387kcal

Fat: 25.4g

Protein: 5.3g

Sodium: 86.3mg

Carbohydrates: 39.1g

Fiber: 5.9g

Added sugar: 26.1g

## Directions

1. Combine all the pie crust ingredients.
2. Grease a pie crust pan with butter or nonstick cooking spray.
3. Press mixture into the pan, evenly distributing on all sides.
4. If the mixture is too soft to hold, place in the refrigerator for a few minutes to harden.
5. Bake in a preheated 350°F oven for 15–20 minutes, or until golden.
6. In a saucepan, combine the filling ingredients.
7. Warm the ingredients over medium heat.
8. Cook the filling until thick, about 30–35 minutes, stirring often.
9. Pour the thickened filling into the cooked pie crust.
10. Allow to cool, then store in the refrigerator.

## Chef Tips/Adjustments

- Can be served with the Golden Milk as an ice cream for a delicious pairing!
- Berries can be substituted as desired; other fruits can also be added as well.
- Sweetness can be adjusted as desired by adding more or less of the honey.

## Qualities

- Texture: Soft
- Rating for Scent: 6/10
- Spice Level: 0/10

## Recipe Benefits

- Anti-inflammatory
- High calorie
- Gluten Free

