



Gluten-free Berry Pie

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan.

By: Cuisine l'Angélique



** SEE THIS RECIPE ON VIDEO*

PORTIONS : 8

PREPARATION: 15 MINUTES

COOKING: 60 MINUTES

INGREDIENTS

- 2 9-inch (23 cm) [pie crusts](#), uncooked
- 130g (1 cup) fresh or frozen strawberries
- 195 g (1 1/2 cups) fresh or frozen raspberries
- 325 g (2 1/2 cups) fresh or frozen cherries, pitted
- 55 g (1/4 cup) maple sugar or cane sugar, to taste
- 105 ml (7 tbs) de [tapioca starch](#)

PREPARATION

1. Preheat the oven to 180 °C (350 °F).
2. Line the bottom of the pie plate with a crust(deep glass plate).
3. In a bowl, combine the berries, tapioca starch and sugar, stirring gently with a wooden spoon.
4. Pour this mixture into the pie plate, and place the other crust on top, taking care to brush the edges of a beaten egg to seal.
5. Make incisions on top to allow steam to escape and brush, if desired, with a beaten egg for a nice wash.
6. Bake on bottom rack for about 60 minutes, or until crust is golden brown.
7. Let rest before serving to allow the tapioca to thicken.



TIP

I really like to make crust trellises to decorate the top of this pie. The beautiful color of the fruit is mouth-watering... just look! I confess that I really have a soft spot for fruit pies that contain cherries... and we are fortunate to have a grower of excellent cherries nearby, so I always have some on hand.

NUTRITION FACTS

Per portion 260 Calories

Fat: 12 g	18 %
Saturated 6 g	
Trans 0,1 g	31 %
Polyunsaturated: 1 g	
Omega-6: 0,6 g	
Omega-3: 0,3 g	
Monounsaturated: 3 g	
Cholesterol: 10 mg	
Sodium: 25 mg	1 %
Carbohydrate: 38 g	13 %
Fibres: 4 g	16 %
Sugars: 10 g	
Protéines: 3 g	
Vitamin A	2 %
Vitamin C	30 %
Calcium	4 %
Iron	8 %
Manganese	50 %
Phosphorus	10 %
Thiamin	10 %