

# Blueberry Pie with Flax and Almonds

In this tasty pie, ground flax seed, almonds, yogurt, and honey add flavor and replace some of the sugar and butter of typical sour-cream blueberry pie recipes.

Recipe by Josef Perkins | Created on **Jan 1, 2022**

## Ingredients

- 1 cup graham cracker crumbs
- $\frac{3}{4}$  cup flax seed meal
- $\frac{3}{4}$  cup finely ground almonds (almond meal)
- $\frac{1}{4}$  cup melted butter
- $\frac{1}{2}$  cup sour cream
- $\frac{1}{2}$  cup plain non-fat yogurt
- $\frac{1}{4}$  cup rolled oats, ground into flour
- $\frac{1}{4}$  cup white sugar
- $\frac{1}{4}$  cup honey
- 1 teaspoon vanilla extract
- $\frac{1}{4}$  teaspoon salt
- 1 egg
- 4 cups fresh blueberries
- 2 tablespoons honey

## Directions

- Preheat an oven to 375 degrees F (190 degrees C).
- Combine the graham cracker crumbs, flax seed meal, and ground almonds in a bowl; stir in the melted butter. Add a few drops of water, if necessary, for the crumb mixture to stick together. Press half of the crumb mixture into the bottom and sides of a 9-inch pie pan; the crust should only be about 1/8-inch thick. Set the other half of the crumb mixture aside.
- Combine the sour cream, yogurt, ground oats, sugar, honey, vanilla, and salt in a blender. Blend until combined. Transfer the blueberries to the pie pan and pour in the filling.
- To make the topping, stir 2 tablespoons of honey, or to taste, into the reserved crumb mixture. It should form a very thick paste. Drop teaspoonfuls of the topping on the surface of the pie.
- Bake the pie in the preheated oven on the middle rack for 30 to 45 minutes, or until the center is set and a knife inserted near the center of the pie comes out clean. Turn off the oven and let the pie rest in the warm oven for 10 minutes.
- Remove the pie from the oven and let cool on a wire rack. Chill in the refrigerator until the pie is cool and set.

## Nutrition Facts

Serving: **1 - 9 inch pie** | Calories: **417.6 kcal** | Carbohydrates: **47.6 g** | Protein: **9.1 g** | Saturated fat: **7.1 g** |  
Cholesterol: **45.7 mg** | Sodium: **209 mg** | Fiber: **7.1 g** | Sugar: **31.9 g**

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