



A Nutrition Resource

MINI BERRY PIE

Yield: 5 Servings | Serving Size: 1 shell with 1/4 cup fillings

Cost/Serving: \$1.22

Ingredients:

Pie Crust

- Nonstick cooking spray
- 5 (6-inch) whole wheat tortillas
- 1 teaspoon sugar
- 1/4 teaspoon cinnamon

Pie Filling

- 1 (16-ounce) bag frozen mixed berries (2 1/2 cups)
- 1 1/2 teaspoons sugar
- 1 teaspoon cornstarch

Directions:

- 1) Preheat oven to 375°F.
- 2) Spray a muffin tin with nonstick cooking spray.
- 3) Lay tortillas flat. Spray one side of each tortilla with cooking spray.
- 4) Combine sugar and cinnamon. Sprinkle mixture on the tortillas.
- 5) Place the tortillas in the muffin tin. Fit them into the muffin bowls. The cinnamon and sugar will be on the inside of the bowls. Bake the tortillas for 13 to 15 minutes. They will be light brown and crisp.
- 6) Put berries in a medium saucepan over low heat.
- 7) Stir sugar and cornstarch in a small bowl. Add mixture to thawed berries.
- 8) Cook over medium heat. Mixture will start to get thick and bubble. Cook one minute more. Remove from heat.

Nutrition Facts

5 servings per container
Serving size 1 shell with 1/4 cup filling (100g)

Amount per serving	
Calories 120	
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 2g Added Sugars	4%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0mg	0%
Potassium 48mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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9) Put 1/4 cup berry filling in each tortilla bowl.

This material is provided by Iowa State University Extension and Outreach. For more tips like this, visit the spend Smart. Eat Smart. website. <http://tinyurl.com/c59523>.

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