

Berry Pie

Yield: 8 servings | Prep: 25 mins. | Ready In: 2-3 hours

What you need:

Crust

- 2/3 cup flour
- 1/2 cup butter
- 1 cup crushed pecans
- 1 tablespoon sugar

Filling

- 1 package instant vanilla pudding mix
- 1 cup plain Greek yogurt
- 1 cup skim milk
- 2 cups fresh mixed berries
- 8 ounces whipped topping, thawed



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What you do:

1. Preheat oven to 350 degrees.
 2. Mix crust ingredients together (flour, butter, pecans and sugar); press into a 9-inch pie dish (sides too).
 3. Bake crust for 12 minutes. Remove from oven and cool on cooling rack.
 4. For pie filling, combine pudding mix, yogurt and milk; mix until well blended. Pour filling into cooled pie crust.
 5. Top filling with fresh mixed berries (strawberries, blueberries, raspberries and blackberries)
 6. Refrigerate for at least 2-3 hours to chill. Serve with whipped topping
- Cook's notes:** *May add 1 tablespoon sugar to sweeten berries if desired.*

Why we love it:

- Berries have a great reputation nutrition-wise offering many health benefits. Current research is focusing on the whole berry rather than single substances within a berry as 1) that is the way people eat them and 2) eating a single substance is not the same as taking it in its natural form.
- Nutrition components within a food often work synergistically with each other to provide health benefits. Separating a component out takes away that interaction and, in the end, the health benefit. No single berry offers the full range of benefits, so it is wise to eat a variety of berries. This advice extends to all food groups and is the best strategy for ensuring a nutritious diet to promote good health.
- Berries are very rich in polyphenols, a broad class of health-promoting plant compounds. A berry's color tells which polyphenols are present and, in turn, indicates the health benefits provided. Benefits include: decreasing inflammation, protecting cells from damage and disease, preventing clogged arteries, lowering the risk for certain cancers, positively influencing blood sugar control and helping protect the nervous system with promising research related to memory and Alzheimer's disease on the horizon.



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