

Inside Out Blueberry Pie



Plan Z Phase: This is a Z2 (ZReduction) recipe.

Blueberry pie is a favorite of many. This one will make you feel like you got the best parts of the pie with no guilt and no crust.

Servings: Serves 5

Ingredients:

- 2 half pints of blueberries
- $\frac{1}{4}$ cup of water
- 1 packet of stevia
- $\frac{1}{2}$ tsp of vanilla
- 1 tsp of fruit pectin

Instructions:

Put all in a sauce pan. Heat on medium high until the blueberries give up juice and some of them start to pop. About 2-3 minutes. I stir this often to encourage some of the blueberries to break.

If you serve this warm it will not be thick like blueberry pie filling but more like a compote. If you let it cool off the

pectin will firm it up some, like a pie. Store leftovers in the refrigerator and it will taste like cold pie tomorrow.

One serving is 1/3 cup maximum. Serve in a pretty glass to make it feel fancy. This is not a big dessert but the taste is powerful.

Enjoy!

Cheers,