



Wheeler

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Best Thing Since Sliced Bread Fruit Pies

A fun and super easy dish kids can pretty much make on their own with little assistance. It does involve an oven and cutting some bread. A quick way to use up some extra fruit and get kids in the kitchen.

Ingredients

2 slices of whole wheat bread (I like to look for brands with >2 grams of fiber and no high fructose corn syrup)
¼ cup blueberries, washed and dried*
1 tablespoon plain rolled oats
½ tablespoon all-purpose flour
1 tablespoon maple syrup or honey
Pinch of salt
Pinch of cinnamon
½ tablespoon of canola oil or melted butter

*Substitute blueberries with your favorite fruit: apples, peaches, pears, raspberries, strawberries

Equipment

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| Clean hands | Measuring cups |
| Rolling pin | Measuring spoon |
| Butter knife | Pastry brush (optional) |
| Fork | Oven or toaster oven |
| Small bowl | Sheet pan/cookie sheet |

Directions

1. Preheat oven to 350 degrees
2. Carefully remove crusts from bread using a butter knife, ask an adult for help. Use a rolling pin to flatten the bread slices, spread it as thinly as you can without tearing. Set aside.
3. In a small bowl, combine blueberries or fruit of your choice, oatmeal, flour, maple syrup, salt and cinnamon. Thoroughly combine, you can use a fork to slightly smash your fruit.
4. Use a pastry brush or your fingers to coat the edges of the bread with oil or melted butter. Place the fruit mixture in the center of one slice of bread with the oiled edges facing up. Place the remaining slice of bread on top of fruit with the oiled edges facing down.
5. Use a fork to press the edges of the bread together and create a seal. Or use your fingers to squeeze the edges of bread together.
6. Place "pie" on a cookie sheet or sheet pan and bake in a 350-degree oven for 15-20 minutes. Ask an adult for help.
7. Allow to cool slightly. Be careful! The filling will be hot.

😊 Little helpers: This is a great dish for kids to try making on their own, they will need little help other than using the oven and removing the crust of the bread. Let them get creative with the fillings. Allow them to get their hands dirty rolling out the bread and forming the pie. As always, I like to have kids work on their math by measuring out all the ingredients – it can be as simple as counting or more complex working with fractions.



Nutrition: These pies are a healthier choice than most store-bought pies, they have less fat and less sugar. Using whole wheat bread adds some beneficial fiber, in addition to the nutrients and fiber the fruit adds.