

Studio 5

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“Sour Cream Cherry Pie”

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Fun dessert using Utah cherries. Recipe serves 8

Ingredients:

- 1 graham cracker crust for 9” pie*
- 1 1/8 cups sugar, divided**
- 2 tablespoons cornstarch
- 1/4 teaspoon nutmeg or almond extract, optional
- 1/4 teaspoon salt
- 1 cup water
- 2 eggs, beaten
- 2 cups dried cherries, raisins, or cranberries
- 1 1/2 cups cultured sour cream, divided
- Fresh cherries, optional garnish

Method:

Prepare graham cracker crust* and press into bottom and sides of 9” pie plate.

Combine 1 cup sugar, cornstarch, optional almond extract or nutmeg, salt, water, beaten eggs and dried cherries in medium saucepan. Over medium heat and stirring, bring mixture to a boil. Reduce heat and simmer 1 minute. Remove from heat and stir in 1 cup sour cream. Pour filling into prepared pie shell. Cool 30 minutes.

Stir remaining 2 tablespoons sugar into remaining 1/2 cup sour cream; stir until smooth and sugar is dissolved. Spread over top of pie. Cover and refrigerate until set. Garnish with optional fresh cherries

Notes:

For a more even consistency, coarsely grind dried fruit before preparing.

* Graham Cracker Crust: 1 1/2 cups graham cracker crumbs mixed with 3 tablespoon sugar and 1/4 cup melted butter. Press into 9-inch pie plate; bake at 350 degrees for 10 minutes.

** Sugar may be adjusted to taste preference and/or depending on whether fruit was dried with added sugar.

Nutrition Facts	
Serving Size 1/8 pie	
Servings Per Container 8	
Amount Per Serving	
Calories 490	Calories from Fat 170
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 10g	51%
Cholesterol 90mg	29%
Sodium 310mg	13%
Total Carbohydrate 77g	26%
Dietary Fiber 3g	13%
Sugars 63g	
Protein 5g	
Vitamin A 15%	• Vitamin C 0%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	