

*Blueberry
Best*

Recipes



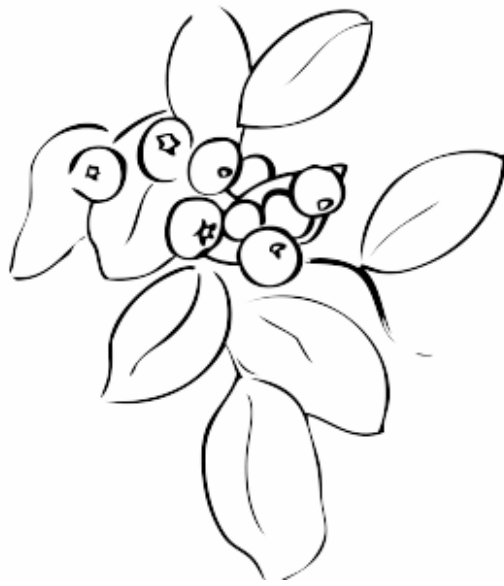
*for
healthy
living*

Loei Ping, M.S.



Blueberry Best!

Recipes for Healthy Living



Lori Pirog, M.S.

"Blueberry Best: Recipes for Enjoyment and Good Health"

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Acknowledgments

Many thanks to everyone who helped me on this book project!

Thanks go to my sisters for helping me test the recipes. Thank you to Gary Maydew and Barbran Pirog for reading and editing the manuscript, for helping me solve MS Word problems, and most of all for support and encouragement.

Much love and thanks to my husband and daughter for listening and caring enough to put up with the baking equipment and ingredients that cluttered the kitchen countertops for many months.

And most of all, a very special thank you to my mother and father who taught me the importance of taking care of my health and who have always been supportive of my studies and work in the field of human nutrition! I love you Mom and Dad!

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Introduction

I've known for some time that blueberries are a great choice for good taste and better health. But I was not sure how I might include blueberries in my diet more often. So I began a search for recipes. Many of those I found, however, were limited to muffins, cobblers, and pies. Also, so many of the recipes seemed to be unnecessarily high in fat, sugar, and calories. I saw a need for a collection of recipes that might provide more variety and healthier alternatives to tasty favorites.

I've spent many hours searching for, testing, and revising recipes. The result is dozens of recipes for baked goods and other dishes with less fat, sugar, and calories than the originals. These recipes are intended for the average healthy person. You can enjoy these great tasting blueberry dishes without as much concern for canceling out the health benefits that blueberries have to offer.

These recipes were not written for special diets. If you have special dietary needs, be sure to check with your physician or dietician.

If you need to minimize total fat, saturated fat, or cholesterol in your diet, I recommend avoiding or limiting consumption of the recipes with sour cream, cream cheese, and lots of eggs. Egg whites or egg substitutes with reduced fat and cholesterol might be used instead of whole eggs in many recipes, but I have not tested the recipes for these substitutions.

I have also not tested these recipes with sugar substitutes. I choose to not use sugar substitutes in my baking and cooking; however, a product such as Splenda™ might work quite well.

Creating healthier, lower calorie recipes was one of my goals. Keeping the recipes easy to prepare was another. I appreciate good tasting healthy food but I do not like spending a lot of time in the kitchen.

So I looked for ways to create recipes that can be prepared quickly and easily with a minimum of fuss. Most of the recipes include ingredients that are easy to find and keep on hand. Have you encountered the experience of cooking or baking a recipe that calls for an exotic or not commonly used ingredient? The remainder of that ingredient might end up sitting in the cupboard taking up space for years to come. How helpful is that? You won't have that problem with the ingredients in this cookbook.

Have fun! Let me know the creative ways you find to adapt these recipes to suit your needs. I would love to hear from you.

Enjoy!

A handwritten signature in black ink that reads "Lori Pirog". The signature is written in a cursive, flowing style with a long horizontal line extending from the end of the name.

Lori Pirog, M.S.
Human Nutrition

Blueberries are Awesome!

Blueberries have long been a special summer fruit. They are delicious eaten fresh out-of-hand or sprinkled on cereal, ice cream, yogurt, or cottage cheese. Their unique deep blue hue and sweet flavor make blueberries a colorful and tasty addition to salads, pies, cakes, muffins, quick breads, pancakes, and more.

Blueberries are a healthy choice. They are low in calories, a good source of fiber, and virtually fat free! Blueberries are also a source of Vitamin C and potassium and provide small amounts of other vitamins and minerals as well. But that's not all!

<http://www.blueberrybest.com>

In recent years, scientists have discovered numerous other reasons to enjoy blueberries. These berries are a powerhouse of important chemical compounds called phytochemicals that may benefit human health. Possible benefits range from reducing risk for heart disease, stroke, cancer, and Alzheimer's disease, to prevention of urinary tract infections, and slowing down the aging process.

The deep rich color of blueberries indicate the presence of antioxidants. Antioxidants are important because they help to neutralize the harmful by-products of metabolism called free radicals that can damage or destroy healthy cells. Blueberries actually rank near the top of the list for the 20 most antioxidant-rich foods as determined by nutrition scientists from the U.S. Department of Agriculture and published in the June 2005 issue of the Journal of Agricultural and Food Chemistry.

In addition to reducing risk for heart disease, stroke, and cancer by protecting healthy cells from damage, the antioxidants in blueberries have been found to reduce blood cholesterol levels. Blueberries may slow down the aging process by helping to not only PREVENT memory loss but also REVERSE memory loss. And blueberries are the only berries that have been found to actually reverse declines in coordination and balance in animal studies.

Some nutritionists recommend eating 1/2 cup of fresh blueberries a day to obtain maximum benefits. However, finding fresh blueberries year round may be difficult and off-season they can be costly! Fortunately, recent studies suggest that the berries offer comparable antioxidant levels whether fresh, frozen, or dried.

So go ahead and have some fun. The easy to prepare recipes in this cookbook will provide you with dozens of ways to enjoy blueberries anytime, any day, throughout the year! If you want more variety, try substituting other berries. Blueberries may have more antioxidants than other berries but all edible berries are a healthy choice.

Chapter One

Blueberry Tips

Choosing Blueberries

Blueberries are quite perishable. To have firm ripe fresh berries that keep for about a week, select with care. If possible, go to the farms where blueberries are grown and pick or purchase your berries directly from the grower. Consider purchasing in large quantities and then freezing the berries for use in a variety of recipes all year round.

Blueberries should be plump and firm with a dark blue color and a powdery gray-blue "bloom". This is a natural wax on the surface of the blueberry skin which helps reduce moisture loss after harvest.

Blueberries should be fully ripe but not overripe or green. Blueberries will not ripen further after harvest so what you pick or purchase is the best you will get.

When purchasing berries at the grocery store avoid buying berries with a dull appearance or those that are overly soft, moldy, or wet. Berries sold in closed pint containers may not be easy to assess. Look to avoid containers that seem to be wet on the bottom or those that show signs of blue discoloration.

Handling Blueberries

Try to handle blueberries as gently as possible to minimize or avoid bruising. Bruising can shorten the life of the berries and reduce quality.

For the highest quality berries you might want to sort the berries before storage to remove overly soft or unripe fruit. Berries purchased

directly from a farmer's market or the field may also need to have unwanted leaves or stems removed.

Carefully spread the berries on a baking sheet or paper towels. This makes it easier to see what needs to be removed. Then return the berries to the original container or store loosely in another shallow covered container. Berries are best kept in a cool moist area of the refrigerator, such as the hydrator or crisper. Do not choose tall containers for refrigerator storage to avoid having the weight of the top berries crush those below.

Blueberries will keep best if NOT washed before REFRIGERATING. Added moisture will hasten the growth of mold on berries stored in the refrigerator.

The choice for handling berries to be frozen is a little more difficult. You might see recommendations to not wash the berries before freezing. The concern is that berries washed and then frozen while still wet will develop a tougher skin. Although that might be true, I have learned there are advantages to having the berries ready to cook or bake right from the freezer. Thus, I recommend washing and air-drying the berries before freezing.

Freezing

When blueberries are no longer available fresh in the marketplace, frozen berries may be your next best choice. Having the berries available year round not only extends the enjoyment for tasty dishes but also is good for your health! Take advantage of the best prices when the blueberries are in season to freeze plenty for the months ahead.

Freezing blueberries can be quite easy! Depending on how you want to use the berries after freezing, you can choose from two different methods: without added sugar or freezing in a sugar syrup. The unsweetened method is the fastest and easiest and may work best for berries that will be cooked or blended in smoothies, dips, or sauces. Berries packed in sugar syrup may be the better choice if they will be served uncooked.

Freezing Unsweetened Blueberries

Spread high quality ripe blueberries (that have been washed and allowed to dry) in a single layer on a cookie sheet and freeze. Once frozen, package the fruit in airtight bags or other containers. Then when you are ready to use the berries, simply shake out the amount needed!

By washing the berries before freezing, you eliminate the need to rinse the berries before cooking or baking. This prevents unnecessary loss of blueberry juice from leakage and retains more antioxidants and nutrients.

Frozen berries will keep well for as long as 10-12 months at 0 degrees F.

Freezing Blueberries in a Sugar Syrup

Pack clean washed berries into freezer containers and cover with a cold 40-percent syrup. Leave a 1/2-inch headspace. Seal and freeze.

40-Percent Syrup

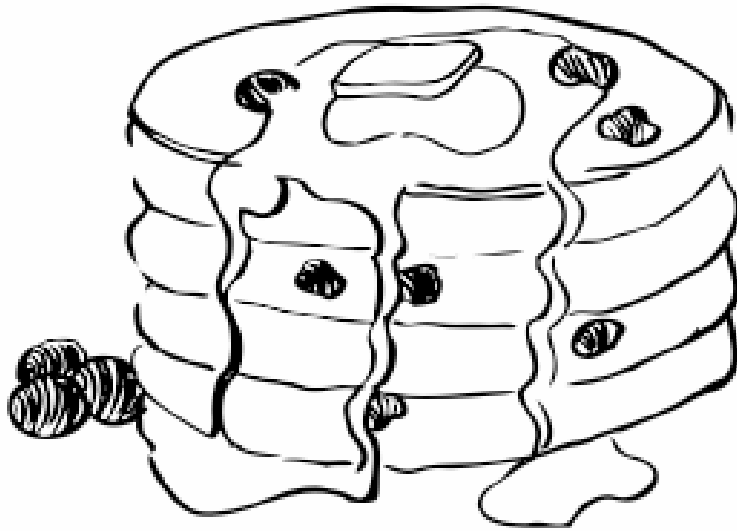
3 cups sugar
4 cups lukewarm water

Stir until dissolved and cool.

TIP: To reduce sugar and calories, make a light syrup with only 2 cups of sugar and 4 cups of water.

Chapter Two

Breakfast/Brunch Recipes



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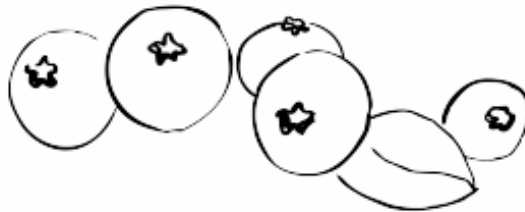
Muffins

Blueberry Cottage Cheese Muffins

Makes 12 small

- 1/3 cup low-fat cottage cheese
- 1 large egg, beaten
- 1 cup all-purpose flour
- 1/2 tsp. salt
- 2 tsp. baking powder
- 2 tbsp. sugar
- 1/3 cup milk
- 3/4 cup fresh or frozen blueberries

Blend the beaten egg and cottage cheese. Sift the flour, salt, baking powder and sugar. Stir into the egg and cottage cheese mixture. Add milk and stir lightly, then gently fold in the blueberries. Spoon into a greased muffin pan and bake in a preheated 425-degree oven for 16-20 minutes.



Blueberry Oat Cinnamon Muffins

Makes 12 small muffins

1/2 cup rolled oats
1/2 cup orange juice
1 1/2 cup flour
1/2 cup sugar
1/2 tsp. cinnamon
2 tsp. baking powder
1/2 tsp. salt
1/4 cup cooking oil
1 cup fresh or frozen blueberries
1 large egg, beaten

TOPPING:

2 tbsp. Sugar
1/4 tsp. Cinnamon

Mix oats and orange juice in a large bowl. Sift the flour, sugar, cinnamon, and baking powder. Stir into the oat mixture. Add the oil and mix. Gently fold in the blueberries. Spoon into a greased muffin pan. Sprinkle topping on the unbaked muffins. Bake in a preheated 400-degree oven for 18 to 22 minutes.

Blueberry Oatmeal Muffins

Makes 16 small muffins

1 cup quick cooking oats
1/4 cup milk
1 cup all-purpose flour
1/2 cup sugar
1 tbsp. baking powder
1/4 tsp. ground cinnamon
1 cup low fat vanilla yogurt
1 large egg, beaten
1/4 cup vegetable oil
1/4 tsp. salt
3/4 cup fresh or frozen blueberries

Combine oats and milk; let stand 5 minutes. Sift flour, sugar, baking powder, and cinnamon and add to a large bowl; make a well in center of mixture.

Mix the oat-milk mixture, yogurt, egg and oil. Add to the dry ingredients and stir just until moistened. Gently fold in the blueberries. Spoon into greased muffin pans. Bake in a preheated 425-degree oven for 20 minutes or until browned.

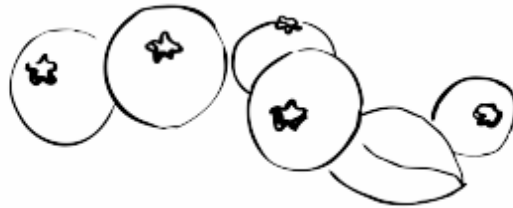
Blueberry Raisin Muffins

Makes 12 small muffins

- 1 1/2 cups all-purpose flour
- 1 tbsp. baking powder
- 1/3 cup wheat bran
- 1 cup milk
- 2 tbsp. clear honey
- 1 large egg, beaten
- 1/4 cup raisins
- 1/2 cup fresh or frozen blueberries

Sift flour and baking powder and add to a medium bowl. Stir bran into the flour mixture. Add the milk, honey, and beaten egg. Gently fold in the raisins and blueberries. Spoon the batter into a greased muffin pan and bake in a preheated 400-degree oven for 16 to 20 minutes.

TIP: Soften bran by soaking in the milk 5 minutes before adding to the flour mixture.



Blueberry Streusel Muffins

Makes 12 muffins

- 1/2 cup butter or margarine (1 stick)
- 1 1/4 cup sugar
- 2 1/4 cups flour
- 1/2 tsp. cinnamon
- 2/3 cup milk
- 2 large eggs, beaten
- 1 1/2 tsp. vanilla
- 1 tbsp. baking powder
- 1 1/2 cups fresh or frozen blueberries

Cream butter and sugar in a medium bowl. Stir flour and cinnamon into the butter mixture. Remove and reserve 1/2 cup for the topping.

Combine milk, beaten eggs, and vanilla. Add to the butter, sugar, and flour mixture. Stir until just moistened. Gently fold in the blueberries. Spoon into a greased muffin pan. Add the reserved topping to each muffin. Bake in a preheated 375-degree oven for 30-35 minutes.

TIP: Try substituting cranberries for the blueberries!

Blueberry Wheat Muffins

Makes 6 large or 10-12 small

3/4 cup all-purpose flour
3/4 cup whole-wheat flour
1 tbsp. baking powder
1/2 tsp. salt
1 large egg, beaten
1/2 cup milk
1/4 cup vegetable oil
1/4 cup applesauce
1 1/2 cup fresh or frozen blueberries

Sift flours, sugar, baking powder, and salt. Add to a large bowl. In a small bowl, mix beaten egg, milk, vegetable oil, and applesauce. Add to the flour mixture and stir just enough to blend. Gently fold in the blueberries.

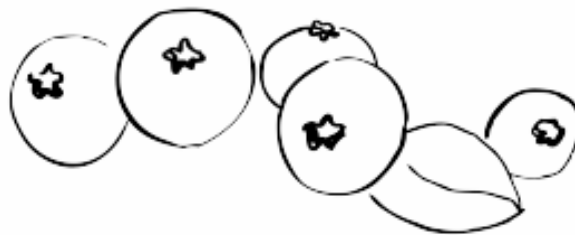
Spoon into a greased muffin pan. Bake in a preheated 400-degree oven for 15-20 minutes.

Lemon Blueberry Muffins

Makes 12 muffins

2 2/3 cup all-purpose flour
1 tbsp. baking powder
1 tsp. salt
1/2 cup sugar
2 large eggs, beaten
1 cup milk
1/4 cup vegetable oil
1/2 tsp. lemon peel, grated
1 cup fresh or frozen blueberries
2-3 tbsp. sugar

Sift flour, baking powder, salt, and sugar. In a medium bowl add the beaten eggs, milk, vegetable oil, and grated lemon peel to the flour mixture. Stir till the dry ingredients are moistened. Then gently fold in the blueberries. Spoon into a muffin pan and sprinkle with sugar. Bake in a preheated 375-degree oven for 20- 25 minutes.



Low-Fat Blueberry Bran Muffins

Makes 12 muffins

1 1/2 cups wheat bran
1 cup skim milk
3/4 cup applesauce
1 large egg, beaten
1/2 cup brown sugar
1 tsp. vanilla extract
1/2 cup all-purpose flour
1/2 cup whole wheat flour
1 tsp. baking soda
1 tsp. baking powder
1/2 tsp. salt
1 cup fresh or frozen blueberries

Mix together wheat bran and milk; let stand for 10 minutes. In a large bowl, mix together applesauce, egg, brown sugar, and vanilla. Stir in bran mixture. Sift together all-purpose flour, whole wheat flour, baking soda, baking powder, and salt. Stir into bran mixture until just blended. Gently fold in blueberries. Fill greased muffin tin and bake in a 375-degree oven for 20-25 minutes.

Pancakes

Do you already have a favorite pancake recipe? Great! Simply add 1/2 cup or so of blueberries for an even better treat or try one of the specialty pancake recipes here.

Blueberry Cottage Cheese Pancakes

Makes 10-12 small pancakes

- 1 cup low fat cottage cheese
- 3 large eggs, printed
- 2 tbsp. salad oil
- 1/2 cup flour
- 2 tsp. sugar
- 1/4 tsp. salt
- 3/4 cup fresh blueberries

Sieve cottage cheese or use a blender to blend till smooth and creamy. Mix the cottage cheese, eggs, and oil in a medium bowl. Sift flour, sugar, and salt. Add dry ingredients to the cottage cheese mixture and stir till just moistened. Gently fold in the blueberries. Bake on a lightly greased hot griddle.

Blueberry Cornbread Pancakes

1 cup flour
1 cup white cornmeal, finely ground
2 tbsp. sugar
1 tsp. salt
2 tsp. baking soda
1 tsp. lemon peel, finely grated (optional)
2 large eggs, beaten
2 tbsp. vegetable oil
2 cups sour milk (See tip)
1 cup fresh blueberries

Vegetable oil for cooking

TIP: To make 1 cup of sour milk combine 1 tbsp. of lemon juice with enough milk to equal 1 cup.

Sift the flour, cornmeal, sugar, salt, and baking powder. Add the grated lemon peel, if desired. In a separate bowl mix the beaten eggs, oil, and sour milk. Gradually add the egg mixture to the dry ingredients stirring till just moistened. If the batter seems overly thin, set aside for a few minutes and it will thicken. Now add the blueberries and gently stir into the batter.

Brush vegetable oil on a heavy slightly preheated griddle and continue heating. When hot, spoon the batter onto the griddle being careful to scoop up just a few berries for each pancake. When a pancake is bubbly, turn and cook the other side. Serve warm with a blueberry sauce.

See recipes for blueberry sauces starting on page 59.

Waffles

Blueberry Waffles

Makes 10-12 waffles

- 3 large eggs, beaten
- 1 1/2 cups milk
- 2 1/4 cups all-purpose flour
- 2 1/2 tsp. baking powder
- 1/2 tsp. salt
- 3 tbsp. melted butter or margarine
- 1 cup fresh blueberries

In a medium bowl, mix beaten eggs and milk. Stir in sifted flour, baking powder and salt. Add the melted butter, mix, then gently fold blueberries into the batter. Cook in a preheated lightly greased waffle iron. Serve warm with a blueberry sauce.

Note: See blueberry sauce recipes starting on page 59.

Other

Baked Bananas with Blueberries

Makes one serving

1 banana cut into 1 inch pieces
3 tbsp. or so fresh or frozen blueberries
1/2 tbsp. brown sugar
1 tbsp. orange juice
small pat of butter

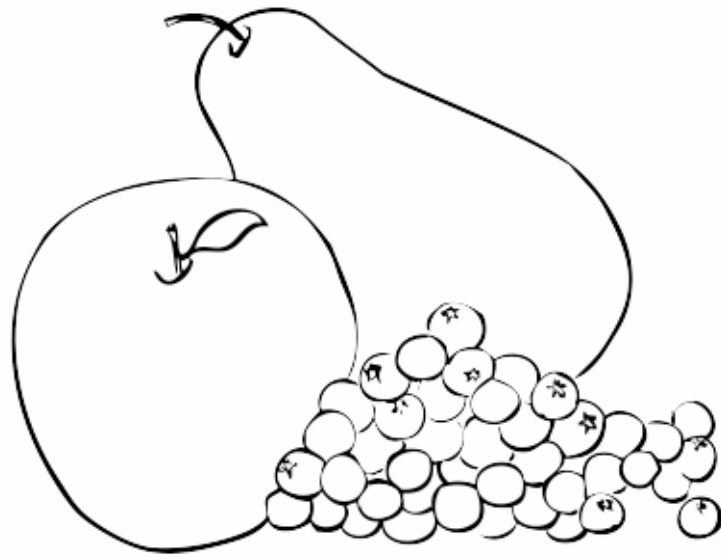
Place bananas in a buttered oven-safe dish and sprinkle with blueberries, then brown sugar. Pour orange juice on top. Dot with butter. Bake in a 350-degree oven for 20 minutes.

Serve warm, as is, or with a spoonful or two of reduced fat ice cream, frozen yogurt, or low fat vanilla yogurt.

TIP: Multiply the ingredient amounts by the number of servings needed!

Chapter Three

Lunch/Dinner



Biscuits

Blueberry Biscuits

Makes about 6 large or 12 small biscuits

- 2 cups flour
- 1 tbsp. baking powder
- 1/2 tsp. salt
- 1/2 cup sugar
- 3 to 4 tbsp. shortening
- 2/3 to 3/4 cup milk
- 1 cup fresh or frozen blueberries, partially thawed

Sift flour, baking powder, and salt. Cut shortening into dry ingredients until mixture resembles coarse crumbs. Add milk and stir till dry ingredients are just moistened, then gently fold in the blueberries. Drop by large spoonfuls onto an ungreased cookie sheet and bake in a preheated 425-degree oven for 12 to 15 minutes.

TIP: Can be made with a biscuit mix by following directions on the box and adding ½-cup sugar and blueberries.

Blueberry Buttermilk Biscuits

Makes about 6 large or 12 small biscuits

- 2 cups all-purpose flour
- 1 tbsp. baking powder
- 1 tsp. salt
- 1/2 cup sugar
- 3 tbsp. shortening
- 1 large egg, beaten
- 3/4 cup buttermilk
- 1 tsp. grated lemon or orange peel (optional)
- 1 cup fresh or frozen blueberries, partially thawed

Sift the flour, baking powder, salt, and sugar. In a medium bowl cut the shortening into the flour mixture with a fork or pastry blender until the mixture resembles coarse meal.

Combine the beaten egg, buttermilk, and grated lemon peel. Add to the flour mixture, stirring just until the dry ingredients are moistened. Gently fold in the blueberries.

Drop dough by spoonfuls onto a lightly greased baking sheet. Bake in a preheated 400-degree oven for 15 minutes or until golden brown.

Blueberry Scones

1 cup whole wheat flour
1 cup all-purpose flour
1 tbsp. baking powder
2 tbsp. sugar
1/2 tsp. salt
1/4 cup butter or margarine
1/2 cup milk plus 1-2 tbsp. milk, as needed
1 cup frozen berries
1 large egg, beaten
2 tbsp. sugar

Sift flours, baking powder, sugar, and salt. Cut in butter or margarine till mixture is crumbly. Add 1/2 cup milk and stir to form a soft ball. The dough may still be somewhat crumbly and dry. If necessary add 1-2 more tbsp. more milk as needed. Lightly flour the work surface and gently knead the mixture.

Add the berries, lightly dusted with flour, 2-3 tbsp. at a time carefully folding and distributing into the dough.

Form the dough into a round ball. Press down to make a 6-8 inch circle about 1/2 inch thick. Cut into 8 wedges and arrange on a cookie sheet at least an inch apart. Brush each wedge with egg and then sprinkle with sugar. Bake in a preheated 375 degree oven for 20-25 minutes. Serve warm.

Individual Blueberry Parfait

Layer yogurt, low-fat granola, and blueberries in whatever proportions desired.

Add some nuts and you have a complete balanced meal. Easy, yet delicious AND nutritious!

Salad

Apple, Pear And Blueberry Salad

Makes 4 servings

3 tbsp. vegetable oil
2 tbsp. vinegar
1 tbsp. water
1/2 tsp. Dijon mustard
1/2 tsp. honey
1/8 tsp. salt
2 cups shredded lettuce
4 lettuce leaves
1 med. size red delicious apple, cored & thinly sliced
1 med. pear, cored & thinly sliced
1/2 cup fresh blueberries
2 tsp. chopped fresh mint

Combine the first 6 ingredients in a small bowl, stirring with a wire whisk until blended; set aside. Pour 1/4 cup reserved vinegar mixture over shredded lettuce, tossing gently.

Place lettuce leaves on individual serving plates; spoon tossed shredded lettuce on leaves. Arrange apple and pear slices alternately on leaves. Sprinkle blueberries and mint over each salad, spoon remaining dressing over fruit.

Low Cal Blueberry Salad

- 2 apples, diced
- 1 8 oz. can unsweetened pineapple pieces, drained
- 1/2 cup pecans, chopped into small pieces
- 1/4 cup light mayonnaise
- 1 cup blueberries

Mix by tossing together. Serve on lettuce leaf.

Blueberry Fruit Salad

Makes 6-8 servings

- 1 (15 oz.) can blueberries (in light syrup)
- 1 (15 oz.) can diced pears in pear juice
- 1 pkg. raspberry gelatin
- 1 (11 oz.) can mandarin oranges

Drain fruit, boil the juices, add the gelatin. Mix well and refrigerate. Allow gelatin to slightly thicken before adding fruits and nuts. Chill until set.

Summer Fruit Salad

- 1 cup fresh strawberries sliced
- 1 cup fresh blueberries
- 1/2 med. cantaloupe, cut into balls
- 1/4 cup orange juice
- 1/4 cup fresh lemon juice
- 2 tbsp. sugar
- 1/2 tbsp. chopped fresh mint leaves or 1/2 tsp. dried mint, crumbled

Combine strawberries and 1/2 of the blueberries; spoon into glass serving dish. Layer melon balls on top of strawberry mixture. Top with remaining blueberries; spoon into glass serving dish. Blend orange juice, lemon juice, sugar and chopped mint in small bowl; pour over fruit. Refrigerate 2 to 3 hours.

Watermelon Blueberry Salad

Makes 4 servings

- 1/2 (8 oz.) carton vanilla low-fat yogurt
- 1/2 tbsp. lemon juice
- 1 tsp. poppy seeds
- 2 cups watermelon pieces
- 1 cup fresh blueberries
- lettuce leaves

Mix the yogurt, lemon juice, and poppy seeds stirring well. Cover and chill thoroughly. Cut the watermelon into bite-sized pieces. Add blueberries and mix gently. Scoop a half cup or so of the watermelon and blueberries onto a few lettuce leaves. Spoon yogurt mixture over the salads.

Low-Fat Blueberry and Chicken Salad

2 cups fresh or frozen blueberries, thawed
3/4 cup low-fat plain yogurt
3 tbsp. light sour cream
1 tsp. seasoned salt
2 cups cubed cooked chicken breasts
3/4 cup celery pieces
1/2 cup diced sweet red bell pepper

Reserve some blueberries for garnish. In a medium bowl, combine yogurt, mayonnaise and salt. Add remaining blueberries, the chicken, and bell pepper; mix gently. Cover and refrigerate for at least 30 minutes. Serve over salad greens and garnish with reserved blueberries.

Melon Blueberry Salad

2 cups watermelon balls
1 cup cantaloupe chunks
1 cup fresh or frozen blueberries, thawed
2 tbsp. honey
2 tbsp. lime juice
1/2 c. light sour cream
4 or more lettuce leaves

Combine watermelon balls, honeydew and blueberries in deep bowl. Combine honey and lime juice; pour over fruit. Cover with clear, plastic wrap and marinate 2 to 3 hours in refrigerator, stirring occasionally.

Drain fruit, reserving 2 tablespoons liquid. Combine sour cream and the reserved liquid, stirring to blend. Spoon fruit onto lettuce leaves. Top with sour cream dressing and serve immediately.

Soup

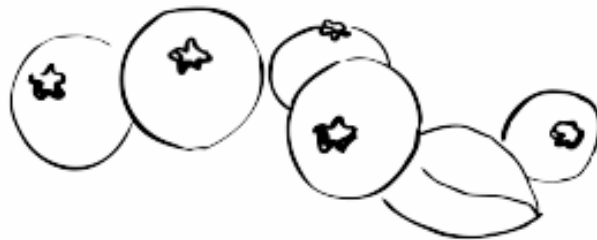
A soup made with blueberries? Sound odd? It does, doesn't it? But on a hot summer day, this soup is surprisingly good tasting and good for you!!

Blueberry Soup

Makes 1 1/2 – 2 cups

- 1 (6 ounce) carton low fat plain or vanilla yogurt
- 1 (12 oz.) pkg. frozen blueberries, partially thawed
- 1 tbsp. sugar
- lemon slices for garnish

In a covered blender container at low speed, blend yogurt, blueberries and sugar until smooth or, press blueberries through a food mill and mix puree with yogurt and sugar until smooth. Serve soup chilled, garnished with lemon slices.



Vegetables

Baked Squash with Blueberries

Makes 2 servings

1 acorn squash
1/2 cup fresh or frozen blueberries
1/2 tart apple, peeled and diced
3 tbsp. brown sugar
2 tsp. butter

Cut squash in half lengthwise. Remove fibers and seeds. In a small bowl, mix together blueberries, apple, brown sugar, and butter. Fill squash halves with topping mixture.

Place squash in a small ungreased casserole dish, add 1/2 cup water around the squash; cover and bake 50 to 60 minutes at 350 degrees. Remove cover and bake another 10 minutes or until squash is tender. Remove from oven and serve immediately.

*Blueberry
Best*

Recipes

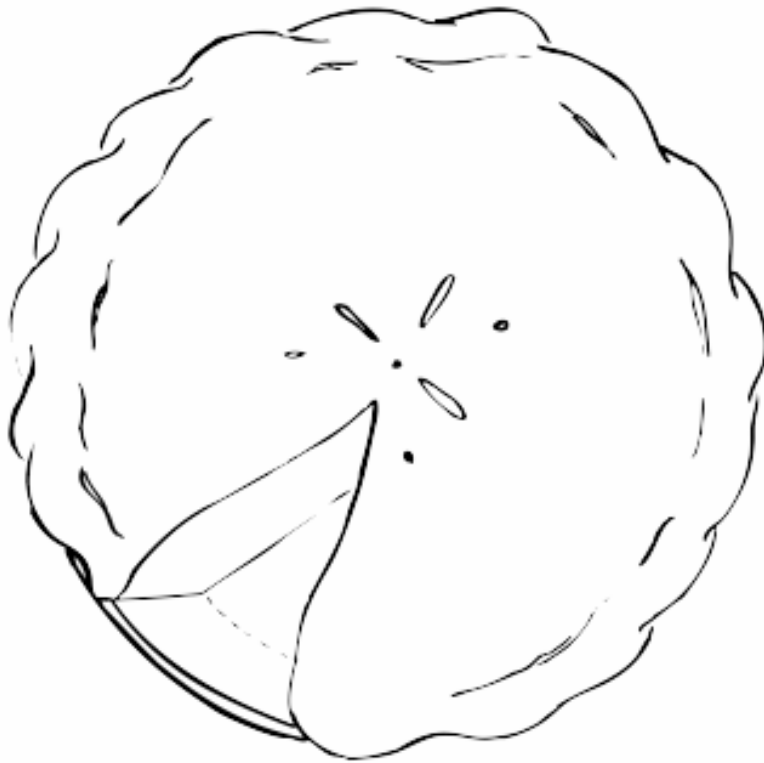


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Low Pines, U.S.

Chapter Four

Desserts



Cakes

Blueberry Buckle

1/2 cup sugar
1/4 cup butter or margarine
1 large egg, beaten
1/2 cup milk
2 cups flour
2 tsp. baking powder
1/2 tsp. salt
2 cups fresh or frozen blueberries

TOPPING:

1/2 cup light brown sugar
1/4 cup butter or margarine
1/3 cup flour
1 tsp. cinnamon

Cream sugar, butter, and egg. Stir in milk. Sift the flour, baking powder, and salt. Stir into egg mixture. Gently fold in blueberries. Spread in a greased and floured 9 x 9 inch pan. Combine Topping. Spread on cake and bake in a pre-heated oven at 375 degrees for 45 minutes.

Delicious Blueberry Cake

1 box yellow cake mix
1 1/2 cups water
1/4 cup vegetable oil
2 large eggs, beaten
4 oz. light cream cheese, softened
1 1/2 cups blueberries

(optional: add 1 cup chopped pecans)

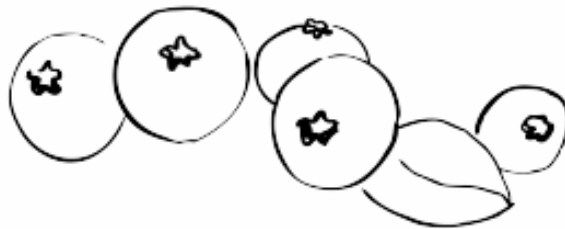
Mix cake mix and water in a large bowl. In a second bowl mix the oil, beaten eggs, and cream cheese till well blended. Stir into the cake mix. Gently fold in the blueberries. Pour into a greased and floured 13 X 9" pan. Bake in a preheated 350-degree oven for about 30 to 34 minutes until light golden brown. Test with a toothpick.

TIP: Wild blueberries, if available, may work best in cake recipes because they tend to be smaller and lighter than the farm grown blueberries. Thus they are more likely to stay suspended and distributed throughout the baked cake. The larger plump farm grown berries are more likely to settle to the bottom of the cake during the baking process.

Blueberry Coffee Cake

1/4 cup butter or margarine
1 cup sugar
1 large egg, beaten
1/2 tsp. vanilla
2/3 cup light sour cream
2 cup all-purpose white flour
1/2 tsp. baking soda
1/2 tsp. salt
1 1/2 cups fresh or frozen blueberries

Cream the butter and sugar. Add the beaten egg, vanilla, and the sour cream. Stir. Then sift and add the flour, baking soda, and salt. Mix well. Gently fold in the blueberries. Bake in a well-greased pan, 9 x 9 or 8 x 8 inches, at 350 degrees for about 45 minutes.



Easy Low Fat Blueberry Cheesecake

- 4-6 tablespoons nilla wafers (or graham cracker crumbs)
- 1 (6 ounce) low-fat vanilla yogurt
- 1 cup 1% cottage cheese
- 4 ounces low fat cream cheese
- 2 tsp cornstarch
- 2 large eggs, beaten

Preheat oven to 350°F. Spray bottom and side of a 9-inch pie plate with vegetable cooking spray; sprinkle with vanilla wafer crumbs, and tilt to coat evenly. In a food processor, blend the container of yogurt, cottage cheese, cream cheese and cornstarch until smooth. Add the eggs and pulse until combined. Carefully pour into the crumb-coated pie plate; smooth the top. Bake until set in the center, about 30-40 minutes.

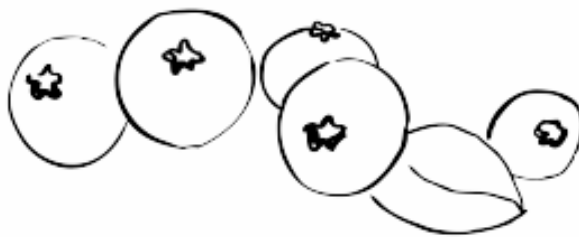
Top with a blueberry glaze or sauce.

TIP: To top a cheesecake with Blueberry Glaze arrange 1/2-1 cup fresh or frozen thawed and drained blueberries over the top of the cheesecake. Pour cooled blueberry glaze (page) over berries. Store blueberry cheesecake tightly covered in refrigerator.

Blueberry Pear Cake

1/2 cup butter or margarine (1 stick)
1/2 cup sugar
2 large eggs, beaten
1 cup all-purpose flour
2 tsp. baking powder
pears, sliced fresh or canned (15 oz. can sliced pears)
fresh or frozen blueberries

Cream butter and sugar. Sift the flour and baking powder. Stir the flour mix and beaten eggs into the butter and sugar. Transfer batter to an 8- or 9-inch square greased baking dish. Spread the batter evenly. Arrange pear slices and blueberries on top. Sprinkle with brown sugar and cinnamon. Bake in a pre-heated 375-degree oven for 30 to 35 minutes.



Pies

Blueberry Apple Deep Dish

pastry for one 8 or 9 inch crust
2/3 cup sugar
2 1/2 cups cooking apples, thinly sliced
1 tbsp. butter or margarine
3 tbsp. flour
2 tbsp. quick cooking tapioca (optional)
2 cups blueberries

Toss together 1/3 cup sugar, 1 1/2 tbsp. of flour, and 1 tbsp. of tapioca with the apple slices. Spread in a buttered or otherwise greased oblong baking dish, approximately 6 x 10 inches. Toss remaining sugar, flour, and tapioca with the blueberries and scatter over apples. Dot with butter.

Roll out pastry and trim to fit the baking dish. Cut three or four 1-inch slits in the top. Sprinkle pastry with sugar. Bake for 30 minutes in a preheated 400 degree oven. Recipe may be doubled using a 9 x 13 inch pan.

TIP: The tapioca keeps the Deep Dish Pie from being overly "runny" when the apples and blueberries are especially juicy. What also helps is having 3 or 4 deep slits in the top crust of a two crust pie to allow for the escape of steam.

Blueberry Chess Pie

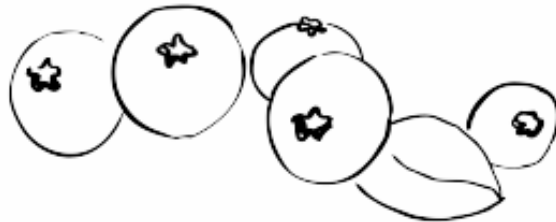
- 1 cup sugar
- 6 tbsp. butter or margarine
- 1/8 tsp. salt
- 3 large eggs, beaten
- 2 tbsp. flour
- 2 tbsp. quick cooking tapioca
- 1 tbsp. lemon juice
- 1 1/2 tsp. vanilla
- 2 cups fresh blueberries
- 1 (9 inch) unbaked pie shell

Cream together sugar, butter and salt until fluffy. Add beaten eggs, mix well. Add flour, cornstarch, vinegar and vanilla; mix until smooth. Fold in blueberries. Pour in pie shell and bake at 400 degrees for 15 minutes. Reduce heat to 350 degrees and bake for 35 to 40 minutes more.

Blueberry Peach Pie

pastry for a 2 crust 9" pie
3 cups sliced fresh peaches
2 cups fresh or frozen blueberries
1 cup sugar
3 tbsp. cornstarch
2 tsp. lemon juice
1/2 tsp. cinnamon
1/4 cup quick cooking tapioca

In a large bowl mix peaches, blueberries, sugar, cornstarch, lemon juice, cinnamon, and tapioca. Turn into pastry crust. Top with remaining pastry crust. Vent with several 1-inch cuts in the top crust and sprinkle with sugar. Bake at 425 degrees in a preheated oven for 40 minutes or until crust is golden brown.



Blueberry Pie

Pastry for a double crust 9 inch pie pan – Use your favorite recipe for a fruit pie

Filling:

- 6 cups fresh blueberries
- 1 cup granulated OR brown sugar
- 1/4 cup cornstarch + 1-2 tbsp. quick cooking tapioca
- 1/8 tsp salt (optional)
- 1 tsp. cinnamon
- 1 tsp. pure vanilla extract (optional)

Mix sugar, cornstarch, tapioca, cinnamon, and salt. Stir in blueberries. If desired, add vanilla.

Pour mixture into the bottom crust. Add the top crust and crimp the edges with a decorative touch. Slash the top pastry crust in at least 4 places to allow for the release of steam. Sprinkle with sugar. Bake on the middle rack of a preheated 425-degree oven for 15 minutes. Then reduce heat to 375 degrees and bake for an additional 35 to 45 minutes.

Other

Wonderfully Light Soufflé With Blueberry Sauce

8 oz. light cream cheese, softened
2 large eggs, beaten
1 tbsp. sugar
1 tsp. vanilla

Combine until smooth; set aside.

1/4 cup butter or margarine softened (1/2 stick)
1/3 cup sugar
1 cup flour
2 tsp. baking powder
3 large eggs beaten
1 cup sour cream
1/2 cup orange juice
1/2 tsp. orange peel, grated

Cream butter and sugar. Sift flour and baking powder and add to the butter mixture. Add the eggs, sour cream, orange juice, and orange peel and mix well. Add the reserved cream cheese mixture. Stir till well-blended.

Bake in a preheated 350-degree oven for 50 to 60 minutes until puffy and golden. Serve immediately with blueberry sauce.

Recipes for blueberry sauces start on page 59.

Blueberry Betty

Makes 3 to 4 servings

2 cups fresh or frozen blueberries
1/4 cup sugar
pinch of salt
1/2 tsp. lemon juice
3 slices French toast
Confectioner's sugar
1/2 tsp. cinnamon

Cook blueberries, sugar, salt and lemon juice over low heat for 5 minutes. Pour into shallow baking dish and arrange slices of French toast on top (cut the slices in half as necessary for a better fit). Sprinkle with confectioners sugar and cinnamon. Cover and bake in preheated 425-degree oven about 20 minutes.

Optional: Serve with a dollop of low-fat vanilla yogurt.

Blueberry Bread Pudding

Serves 8

- 1 tbsp. butter or margarine
- 1 loaf French bread, about 8-10 oz.
- 3 cups milk
- 2 tsp. vanilla
- 3/4 cup sugar
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1 1/2 –2 cups fresh or frozen blueberries
- 4 large eggs
- 2 tbsp. sugar

Preheat oven to 350 degrees. Place the butter in a 9-inch square baking dish. Place in oven long enough to melt butter. Remove dish from oven and brush melted butter on sides of dish.

Tear the bread into 1-inch pieces and place in a large bowl.

Mix the milk and vanilla together; pour over the bread. Allow to soak about 10 minutes until the milk has been absorbed. Meanwhile, blend in a separate bowl, then add 3/4 cup sugar, cinnamon and nutmeg.

Beat the eggs until frothy and fold into bread mixture. Fold in blueberries. Spoon mixture into baking dish and sprinkle with the remaining sugar. Place in the oven and bake 45 minutes, until the pudding is puffed and browned. Serve while still warm with low fat ice cream or lemon sauce.

TIP: Try using whole wheat bread for more fiber and nutrients.

Blueberry Brownies

Makes 16 Brownies

1/2 cup whole wheat flour
1/4 cup all-purpose white flour
1/3 cup cocoa powder
1/2 tsp. baking soda
1/2 tsp. salt
1 cup applesauce
3/4 cup sugar
1 tsp. vanilla
1 cup fresh or frozen blueberries, partially thawed

Optional 1/3 cup chopped walnuts

Sift the flours, cocoa, baking powder, soda, and salt and add to a medium bowl. In a separate bowl, combine the applesauce, sugar, and vanilla. Make a well in the center of the flour and add the applesauce mix. Stir. Gently fold in the blueberries.

Spread mixture into a greased 8-inch square baking pan and bake in a pre-heated 350-degree oven for 25 to 30 minutes until center is firm and not sticky. Let cool completely before slicing.

Blueberry Cobbler

Makes 8 servings

1/2 cup sugar
1 tbsp. cornstarch
4 cups fresh or frozen blueberries
1 tsp. lemon juice (fresh is best!)
2 tbsp. butter or margarine
3/4 cup flour
2 tbsp. sugar
1 1/2 tsp. baking powder
1/4 tsp. cinnamon
1/4 tsp. salt
1/2 cup milk

Mix 1/2 cup sugar and cornstarch in a 2 quart saucepan. Stir in blueberries and lemon juice. Cook over medium heat, stirring often until the mixture boils and thickens. Boil and stir for 1 minute. Pour into an ungreased 2 quart glass casserole dish and keep hot in the oven.

In a medium bowl, cut butter into flour, sugar, baking powder, cinnamon, and salt until the mixture resembles fine crumbs. Stir in milk. Drop dough by spoonfuls onto the hot blueberry mixture.

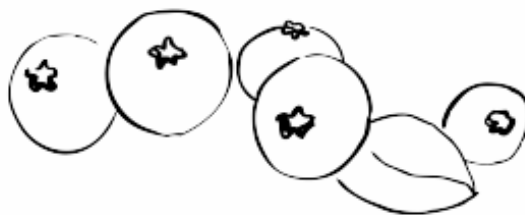
Bake for 25-30 minutes until topping is golden brown. Best served warm.

Blueberry Crisp

Makes 6 to 8 Servings

4 cups fresh or frozen blueberries
2/3 cup packed brown sugar
1/2 cup all-purpose flour
1 cup quick-cooking or old-fashioned oats
1/2 cup butter or margarine, softened (1 stick)
3/4 tsp. ground cinnamon

Distribute blueberries in the bottom of a greased 8 x 8 x 2 inch pan.
Mix remaining ingredients and sprinkle over the blueberries. Bake
about 30 minutes in a preheated 375-degree oven. Best served warm.



Blueberry Rhubarb Crumble

Makes 6 to 8 servings

3 cups fresh or frozen blueberries
2 cups fresh or frozen rhubarb, cut into 1-inch pieces
2 cups regular rolled oats
2/3 cups brown sugar, packed
1/2 cup all-purpose flour
1/2 cup butter or margarine
1/2 cup sugar
2 tbsp. all-purpose flour

For crust, in a large mixing bowl combine the oats, brown sugar and the 1/2 cup flour. Cut the butter into the oat mixture until mixture resembles coarse crumbs. Reserve 3/4 cup crumb mixture for topping. Pat remaining crumb mixture into the bottom of a greased 9 x 9 inch baking dish. Bake in a preheated 350-degree oven 10 to 15 minutes or until a light golden brown.

Meanwhile, for filling, in a large mixing bowl, combine the blueberries and the rhubarb. Add the sugar and the 2 tablespoons flour, toss to coat well. Spoon on top of the baked crust. Sprinkle with reserved crumb mixture. Bake in a 350-degree oven 45 to 50 minutes or until golden. Serve warm with reduced fat ice cream

Blueberry Ricotta Squares

Makes 16 squares

1 cup all-purpose flour
3/4 cup sugar
1 1/2 tsp. baking powder
1/3 cup skim milk
1/4 cup shortening
1 large egg, beaten
1/2 tsp. lemon peel, grated
1 1/2 cup fresh or frozen blueberries
2 large eggs, beaten
1 cup ricotta cheese
1/3 cup sugar
1/4 tsp. vanilla

Sift flour, 3/4 cup sugar, and baking powder. In a small mixing bowl, combine the flour mixture with the milk, shortening, one beaten egg, and grated lemon. Stir until well-blended and smooth. Pour batter into a greased 9 x 9 x 2 inch baking pan and spread evenly.

Sprinkle blueberries over the batter. In a medium bowl combine the remaining egg, Ricotta cheese, 1/3 cup sugar, and vanilla; stir until well-blended and smooth. Spoon Ricotta mixture over blueberries and spread evenly. Bake in a preheated 350-degree oven for 55 to 60 minutes or until a knife inserted near center comes out clean. Cool.

Chocolate Covered Blueberries

Makes 16-20

- 2 cups milk chocolate chips
- 1/4 c. butter
- 2 cups fresh blueberries, washed and dried
- 1 1/2-inch paper candy liners

Combine the chocolate and butter in a pan over hot but not boiling water. Stir until melted and mixture is smooth. Remove from heat. Place 1 teaspoon of melted chocolate in paper candy liner. Add 5 to 6 blueberries; top with 1-2 teaspoons chocolate, enough to completely cover the blueberries. Chill for 20 to 30 minutes. When ready to serve, the chocolates will keep well at room temperature for up to one hour. Store in the refrigerator.

TIP: Choose dark chocolate rather than milk chocolate for greater antioxidant benefits.

Chapter Five

Mini-meals, Snacks, and More



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Blueberry Cottage Cheese Delight

Serves One

- 1 cup cottage cheese
- 1/4 cup fresh blueberries, lightly crushed
- 2 tsp. maple syrup

Mix blueberries into the cottage cheese and drizzle maple syrup on top. This is a delicious, quick, and easy snack or salad.

Condiments and Sauces

Blueberry Pineapple Applesauce

Makes 4-5 cups

- 5 medium apples or 4 large apples
- 1 cup blueberries (or strawberries)
- 1/2 can crushed pineapple with juice
- 1/2 cup water
- 1/2 cup brown sugar, packed
- 1/2 tsp. cinnamon
- 1-2 tsp. lemon juice (optional)

Heat apples, blueberries, pineapple, and water over medium heat until boiling. Reduce heat, cover and simmer for 40 minutes, stirring frequently. Mash with a potato masher. Add brown sugar and cinnamon. Heat to boiling. Cool then refrigerate.

Blueberry Chutney

Makes 3 cups

4 cups fresh or frozen blueberries
1 can (16 ounces) whole berry cranberry sauce
1/4 cup sugar
2 tbsp. lemon juice
1 tsp. grated orange peel (dried)
1 tsp. ground ginger
1/4 to 1/2 tsp. crushed red pepper
1/4 tsp ground black pepper

In a medium non-reactive saucepan combine blueberries, cranberry sauce, sugar, lemon juice, orange peel, ginger, and red and black peppers. Bring to a boil; boil uncovered, stirring frequently, until slightly thickened, 15 to 20 minutes.

Pour into clean airtight plastic containers, cover and refrigerate up to 3 weeks or freeze. Serve with roasted or grilled turkey, chicken, or pork. Also good in an omelet!

TIP: For free canning instructions check with your state or local University Extension Office.

Blueberry Glaze

- 1/2 cup sugar
- 2 tablespoons cornstarch
- 1 cup water
- 1/2 cups fresh or frozen blueberries

In a 1-quart non-reactive saucepan combine sugar and cornstarch. Stir in water. Lightly crush 1/2 cup blueberries; add to sugar and water mixture. Cook over medium heat, stirring constantly, until mixture is thickened and begins to bubble. Continue to boil gently for about 2 minutes, or until blueberry glaze mixture is clear. Cool completely. Serve as a topping on cheesecake. Keep refrigerated till ready to serve.

Blueberry Honey Sauce

- 1/4 cup honey
- 1/8 tsp. ground ginger
- 3/4 cup fresh blueberries
- 1 tablespoon fresh lemon juice

In a small non-reactive saucepan, combine honey and ginger; bring to a boil. Stir in blueberries; return to a boil. Remove from heat; stir in lemon juice. Transfer mixture to a blender container and whirl until smooth. Serve over cut-up fruit. Refrigerate leftover sauce.

Blueberry Melon Salsa

Makes about 2 cups

- 1 cup fresh or frozen blueberries
- 1 cup cantaloupe diced
- 2 tbsp. lime juice
- 2-3 tsp. diced red onion
- 1 tbsp. dried cilantro
- 2 tsp. peanut oil
- 1 tsp. grated lime peel
- 2 oz. (about 4 tbsp.) canned green chilies
- salt to taste

Combine all ingredients except salt. Season with salt to taste. Refrigerate at least one hour before serving. Store in refrigerator. Serve with grilled fish or chicken.

Blueberry Orange Sauce

- 2 tbsp. sugar
- 3/4 tbsp. cornstarch
- pinch of salt
- 1/4 cup orange juice
- 1 cup fresh or frozen blueberries
- Sections from one orange

Combine sugar, cornstarch and salt; set aside.

In a small non-reactive saucepan bring orange juice and 1/4 cup water to a boil. Add blueberries and orange sections. Return to a boil; cook until liquid is released from fruit, about 2 minutes. Stir in sugar mixture; cook, stirring constantly, until sauce thickens, about one minute.

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Blueberry Pineapple Topping

- 1 can (8 ounces) crushed pineapple (do not drain)
- 1 cup fresh or frozen blueberries
- 1/2 tbsp cornstarch

In a small non-reactive saucepan mix cornstarch, sugar, and crushed pineapple. Over medium heat bring pineapple mixture to a boil. Stir in blueberries; remove from heat. May be served at room temperature or chilled over ice cream, cake, or cut up fruit.

Blueberry Pepper Dressing

- 1/4 cup firmly-packed light brown sugar
- 3 tbsp. balsamic vinegar
- 3/4 tsp. freshly ground black pepper
- 2 cups fresh blueberries

Combine brown sugar, vinegar, and pepper, stir until smooth. Add blueberries; mix gently. Let stand at room temperature at least 20 minutes.

Serve over sliced peaches or fruit salad.

TIP: Cooking sherry or cider vinegar can be substituted for balsamic vinegar. See page 73 for more ingredient substitutions.

Low-Fat Blueberry Popcorn Bars

Makes 16 small bars

- 1/2 (4 oz.) Pkg. dried blueberries
- 5 cups air-popped or microwaved popcorn
- 1/2 (10 1/2-oz.) Pkg. Miniature marshmallows
- 1/4 cup white vanilla chips (optional)
- 1/2 tbsp. butter or margarine

MICROWAVE DIRECTIONS: Spray an 8 x 8 inch baking dish and large bowl with nonstick cooking spray. In the bowl, combine dried blueberries and popcorn; mix well. Set aside.

In medium microwave-safe bowl, combine marshmallows, vanilla chips and margarine. Microwave on HIGH for about 1 minute. Stir; microwave on HIGH for an additional 1 to 2 minutes or until all marshmallows and chips can be stirred smooth. Slowly add marshmallow mixture to popcorn mixture mixing until evenly coated. (Mixture will be sticky.)

Spray a large rubber scraper with nonstick cooking spray. Press popcorn mixture in sprayed pan. Allow to set, then cut into bars with a serrated knife. Store in tightly covered container or wrap individually in plastic wrap for easy packing.

TIP: Marshmallows, vanilla chips, and margarine can be melted over medium heat, stirring constantly until smooth.

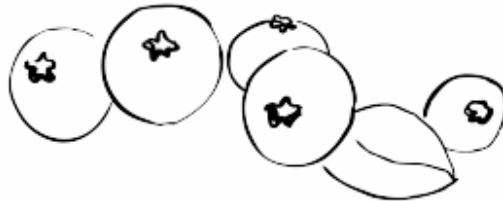
Creamy Blueberry Dip

1 and 1/2 cups fresh or frozen blueberries, thawed
1/4 cup light cream cheese
1 tbsp. apricot, peach, OR pineapple preserves or jam

In a food processor or blender, whirl blueberries, cream cheese and the preserves or jam of your choice until smooth. Serve with sliced fruit.

Dried Blueberries

Dried blueberries are a great choice year round. Add them to granola or trail mix. Include dried blueberries in cookies. Add to salads. Top your breakfast cereal with blueberries instead of or in addition to raisins or raisins. Dried blueberries might also be added to quick breads or sprinkled in popcorn or chex mix.



Jams

Blueberry Apple Jam

1 medium apple
Juice from 1 lemon (about 2 tbsp.)
2 cups blueberries
2 1/4 cups sugar
1/2 tsp. cinnamon

Peel apple and grate into large pan. Grate zest (peel) from lemon then squeeze and add juice. Add blueberries and sugar. Lightly crush berries. Bring to simmer over medium high heat. Stirring constantly, skim any foam that rises to surface. Reduce heat until jam reaches sheeting.

Low Sugar Blueberry Freezer Jam Recipe

3 cups crushed blueberries (approximately 1 1/2 pints fresh berries)
2 cups water
1 (1.75 oz.) box low sugar pectin
Sugar

Rinse blueberries and remove stems. Crush one layer at a time. Combine 3 cups crushed blueberries and 1 cup of water. Add up to 3 cups of sugar. Mix thoroughly and let stand 10 minutes.

Gradually stir in 1 package of low sugar pectin into 1 cup water in a small saucepan. Boil 1 minute over medium-high heat, stirring constantly. Transfer cooked pectin mixture to a large bowl. Slowly stir fruit mixture into pectin mixture; continue stirring for 3 minutes. Ladle jam into jelly jars or other moisture-vapor-proof container, leaving 1/2 inch of headspace. Screw or place lids on tightly. Let jam stand in

refrigerator until set, but no longer than 24 hours. For best quality, store in the freezer for no longer than one year.

Smoothies

Avocado Blueberry Smoothie

Makes one good-sized serving (or two small servings)

- 1 8-ounce carton low fat vanilla yogurt
- 1 small ripe avocado
- 1 cup blueberries
- 1/2 tsp. ground cinnamon
- 1/4-1/2 cup apple juice

In a food processor or blender, whirl all the ingredients on high speed for two minutes or until smooth and creamy. Pour into one tall glass or two small glasses and serve.

TIP: This smoothie is best if served and enjoyed right away. The mixture will darken somewhat if held in the refrigerator.

Blueberry Smoothie

Makes one good-sized serving (or two small servings)

- 1 cup fresh or frozen blueberries, partially thawed
- 3/4 cup pineapple or orange juice
- 1 container low fat vanilla yogurt
- 2 tsp. sugar

Whirl blueberries, juice, yogurt, and sugar in a blender. Blend until smooth, about 1 minute.

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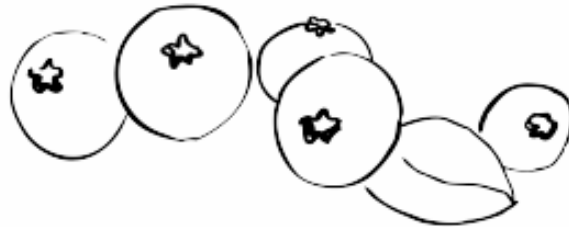
Peach Blueberry Smoothie

Makes one good-sized serving (or two small servings)

- 1 ripe peach or nectarine, pitted, and chopped
- 1 cup blueberries
- 1 banana, best if frozen
- 1 cup low fat vanilla yogurt

Place ingredients in a blender and blend until smooth. If desired, the smoothie can be thinned with orange juice.

TIP: Freeze extra bananas to have readily available for making smoothies. Cut each banana into 2 or 3 smaller pieces before freezing to make the blending easier.



Breads

Apple Blueberry Bread

Makes 1 loaf

1/2 cup butter or margarine, softened
3/4 cup sugar
2 large eggs, beaten
1 cup applesauce
2 cups flour
1 1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1 cup fresh or frozen blueberries

Beat together butter, sugar, and eggs in a medium size mixing bowl. Stir in applesauce, then the sifted dry ingredients only until blended. Gently fold in blueberries. Spread in a greased and floured 9 x 5 inch loaf pan.

Bake 45-55 minutes in a pre-heated 400-degree oven or until bread tests done. Place pan on a wire rack to cool 10 minutes. Then remove bread from pan and cool completely.

Blueberry Zucchini Bread

Makes 2 loafs

3 large eggs, beaten
2 1/4 cup sugar
1/2 cup oil
3 tsp. pure vanilla extract
3 cups flour
1 tsp. salt
1 tbsp. baking powder
3 tsp. cinnamon
2 cups grated zucchini
1 cup chopped nuts (optional)
2 cups blueberries

Beat eggs and sugar together in a large mixing bowl. Add oil slowly, mixing after each addition. Stir in vanilla. Sift the flour, salt, and baking powder. Combine the sifted ingredients with the eggs and sugar. Add zucchini, nuts, and blueberries. Put in two greased and floured loaf pans. Bake 50-55 minutes at 350 degrees.

Appendix



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The Top Twenty Antioxidant Rich Foods

In 2004 the United States Department of Agriculture (USDA) researchers released a list of the top 20 antioxidant-rich foods in a study of over 100 commonly consumed foods tested (Journal of Agricultural and Food Chemistry, June 9, 2004).

Wild blueberries, cultivated blueberries, cranberries, blackberries, raspberries and strawberries took six of the top 11 spots. Here's the complete top 20 list--from highest to lowest in antioxidant activity--based on serving size:

1. Small red beans, (dry, cooked), 1/2 cup
2. WILD BLUEBERRIES, 1 cup
3. Red kidney beans, (dry, cooked), 1/2 cup
4. Pinto beans, (dry, cooked), 1/2 cup
5. BLUEBERRIES (CULTIVATED), 1 cup
6. CRANBERRIES, 1 cup whole
7. Artichokes (cooked), 1 cup hearts
8. BLACKBERRIES, 1 cup
9. Prunes, 1/2 cup
10. RASPBERRIES, 1 cup
11. STRAWBERRIES, 1 cup
12. Red delicious apples, 1
13. Granny Smith apples, 1
14. Pecans, 1 ounce
15. Sweet cherries, 1 cup
16. Black plums, 1
17. Russet potato, (cooked), 1
18. Black beans (dry, cooked), 1/2 cup
19. Plums, 1

20. Gala apples, 1

The Nutrients in Fresh Blueberries

Nutrient	1/2 cup fresh blueberries
Protein	.54 g
Fat	.24 g
Total Carbohydrates	10.51 g
Total Dietary Fiber	1.7 g
Total Sugars	7.22 g
Minerals	
Calcium	4 mg
Iron	.20 mg
Magnesium	4 mg
Phosphorus	9 mg
Potassium	56 mg
Sodium	1 mg

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Zinc	.12 mg
Copper	0.041 mg
Manganese	0.244 mg
Selenium	.1 mg
Vitamins	
Vitamin C	7 mg
Thiamin	0.027 mg
Riboflavin	0.030 mg
Niacin	0.303 mg
Pantothenic Acid	0.090 mg
Vitamin B-6	0.038 mg
Folate	4 mg
Folic acid	0 mcg
Vitamin B-12	0.00 mcg
Vitamin A, IU	39
Vitamin E	0.41 mg
Vitamin K	14 mcg

Ingredient Substitutions

Instead of:	Amount	Use
Baking Powder	1 tsp.	1/4 tsp. baking powder & 1/2 tsp. cream of tartar
Balsamic Vinegar	1 tbsp.	1 tbsp. sherry or cider vinegar
Brown sugar, packed	1 cup	1 cup granulated sugar mixed with 2 tbsp. molasses or dark corn syrup
Buttermilk or sour milk	1 cup	1 tbsp lemon juice or white vinegar plus enough milk to make 1 cup OR 1 cup plain yogurt
Cornstarch	1 tbsp.	2 tbsp. all-purpose flour or 4 tsp. quick-cooking tapioca
Eggs	1 large	2 egg whites OR 1/4 cup fat free egg product
Lemon juice	1 tbsp.	1 tbsp. bottled lemon juice or white vinegar
Lemon, grated	1 tsp.	1 tsp. dried lemon peel
Orange peel, grated	1 tsp.	1 tsp. dried orange peel
Sour cream	1 cup	1 cup plain yogurt
Yogurt plain	1 cup	1 cup sour cream

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Recipes



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Loai Ping, M.S.