

Recipes... BLUEBERRIES



TIPS & TRICKS: Blueberries are the easiest fruit to pick and use in your cooking, as there is no peeling, pitting, coring, or cutting needed to use. Select plump and full blueberries with a light gray-blue color. Blueberries with any hint of red are not fully ripened. Once blueberries are picked, they will not ripen any further.

Refrigerate the blueberries soon after picking to increase the shelf life. If refrigerated, fresh-picked blueberries will keep 10 to 14 days. Do not wash the blueberries until just before eating or using in your recipes to prevent berries from becoming mushy. Unwashed blueberries may stay fresh for up to two weeks in the refrigerator if kept dry, but don't count on it. When using frozen blueberries in your baking, do not thaw them. Always add them frozen so they will not "bleed" in your baked goods.

WILD BLUEBERRY CHEESECAKE

1/3 cup toasted walnuts
1/3 cup sugar
1 1/2 cups crushed graham crackers
6 tablespoons margarine or butter, melted
3 8oz packages reduced-fat cream cheese
1 1/4 cups sugar
1 teaspoon vanilla
zest and juice of one orange
1 package gelatin
1/4 cup sugar
1 tablespoon cornstarch
pinch of cinnamon
2 cups Wild Blueberries
2 teaspoons lemon juice

Finely chop walnuts. Mix walnuts, 1/3 cup of sugar, graham cracker crumbs and butter. Cover bottom of spring form pan with parchment paper. Press mixture into bottom of pan, and chill in refrigerator about an hour. Mix cream cheese, 1 1/4 cups of sugar and vanilla. Add grated orange zest. Squeeze orange and if necessary add enough water to make 1/2 cup. Sprinkle gelatin over juice mixture in small sauce pan. Let stand 1 minute. Stir on low heat until completely dissolved, about 3 minutes. Cool slightly. Gently mix thoroughly with cream cheese mixture.

In a 1-quart saucepan, combine 1/4 cup of sugar, cornstarch and cinnamon. Add Wild Blueberries and sprinkle with lemon juice. Cook and gently stir over medium heat until mixture comes to a boil. Cook and stir 2 additional minutes. Remove from heat, cool. Spread over cheesecake. Refrigerate Cheesecake for 2-3 hours.

OLD-FASHIONED WILD BLUEBERRY MUFFINS

2 1/4 cups all-purpose flour
1 1/2 tablespoons baking powder
1/4 teaspoon salt
2/3 cup brown sugar
2/3 cup sugar
1 cup low-fat buttermilk
3 eggs
1/4 cup canola oil
3 cups Wild Blueberries
1 1/2 tablespoons sugar
3/4 teaspoons ground cinnamon

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In bowl combine flour, baking powder and salt; reserve. In separate bowl whisk together sugars, buttermilk, eggs and oil. Add to flour mixture and mix just to blend. Fold in Wild Blueberries. Combine sugar and cinnamon. Scoop 1/4-cup batter into each greased 1/3-cup muffin tin and sprinkle each muffin with sugar/cinnamon mixture. Bake in 400°F conventional oven or 375°F convection oven 18 to 22 minutes or until firm to the touch. Serve warm.

BLUEBERRY GRANOLA BARS

1/2 cup honey
1/4 cup firmly packed brown sugar
3 tablespoons vegetable oil
1 1/2 teaspoons ground cinnamon
1 1/2 cups quick-cooking oats
2 cups fresh blueberries

Preheat oven to 350°F. Lightly grease a 9x9-inch square baking pan. In a medium-size saucepan, combine honey, brown sugar, oil, and cinnamon, and bring to a boil. Continue boiling for 2 minutes; do not stir.

In a large mixing bowl, combine oats and blueberries. Stir in honey mixture until thoroughly blended. Spread onto the prepared baking pan, gently pressing mixture flat. Bake until lightly browned, about 40 minutes. Cool completely in the pan on a wire rack. Cut into 1 1/2 by 3 inch bars.

BLUEBERRY SALSA

2 cups Wild Blueberries fresh
1/2 med onion (red or white) diced small
1 jalapeño pepper, seeded and minced
1 med red bell pepper, diced small
3 tablespoons chopped parsley or cilantro
1/4 cup lime or lemon juice
1 teaspoon salt
pinch of cinnamon

Combine all ingredients, folding in Wild Blueberries last. Refrigerate 1 hour or more to blend flavors. Serve with corn chips or use as a relish with meat and poultry dishes.

GRILLED CHICKEN BREAST WITH WILD BLUEBERRY SAUCE

4 boneless skinless chicken breasts
1 tablespoon canola oil
salt and pepper to taste
1 small red onion, finely diced
3/4 cup grape juice
4 teaspoons cornstarch
2 1/2 cups Wild Blueberries
2 teaspoons balsamic vinegar
pinch granulated sugar
4 stalks celery, finely chopped

Drizzle chicken breasts with 2 teaspoons of the oil and sprinkle with salt and pepper. Heat grill pan or nonstick skillet over medium high heat and cook chicken breasts, turning once for about 12 minutes or until no longer pink inside. Keep warm.

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In another nonstick skillet, heat remaining oil over medium heat and cook onions for about 8 minutes or until softened and golden. In small bowl, whisk together 1/4 cup of the grape juice and cornstarch; set aside. Add remaining grape juice and Wild Blueberries to onion and bring to boil. Stir in cornstarch mixture and cook, stirring for 1 minute or until thickened. Add balsamic vinegar, sugar and salt to taste.

Thinly slice chicken breasts and serve with Wild Blueberry sauce and celery for garnish.

LAMB SKEWERS WITH WILD BLUEBERRY ZUCCHINI SALSA

2 lamb tenderloins (about 8 oz total)
2 teaspoons olive oil
salt and pepper
1 teaspoon olive oil
1 small zucchini, finely diced
1 1/4 cups Wild Blueberries
2 teaspoons packed brown sugar
pinch cayenne pepper

Salsa: In small skillet, heat oil over medium high heat and cook zucchini for 1 minute or until beginning to turn golden. Add Wild Blueberries and sugar; cook to heat through. Stir in salt and cayenne pepper; let cool.

Skewers: Cut tenderloins into 1 inch pieces and place in bowl. Drizzle with oil, salt and pepper and toss to coat well. Skewer lamb pieces on small skewers; set aside. Tip: If using small wooden skewers be sure to soak them in water for 30 minutes before using to avoid flare ups.

Heat nonstick skillet over medium high heat and cook skewers, turning once for about 3 minutes or until desired doneness. Serve with salsa.

WILD BLUEBERRY CREAMSICLE

2 cups frozen Wild Blueberries
8 ounces plain low fat yogurt
1/2 cup sugar
1 teaspoon vanilla
1 teaspoon lemon juice
1 teaspoon grated lemon peel
1/3 cup of medium cream

Put Wild Blueberries, partially defrosted and yogurt in blender and mix. Add sugar, vanilla, lemon juice and lemon peel and blend until mixed. Whip cream until soft peaks form. Fold into blueberry yogurt mixture. Pour blueberry mixture into eight, 4-ounce containers. Freeze for 1 hour until mixture is lightly frozen. Put wooden sticks or plastic spoons in mixture. Let freeze for several more hours. To serve, run hot water over outside of frozen containers. Ice cream will slip out.

WILD BLUEBERRY CRISP

5 cups Wild Blueberries
1/4 cup sugar
1/2 teaspoon grated lemon rind
1 cup (2 medium) diced peeled apples
1/2 cup light brown sugar
2 teaspoons cinnamon
1 teaspoon nutmeg

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1/2 cup white flour
1/2 cup chopped pecans (optional)
1/2 cup rolled oats
3 tablespoons butter or soft margarine (not diet)
1/8 teaspoon salt (optional)

Preheat oven to 325°F (165°C) In a small bowl, combine the Wild Blueberries, sugar, lemon rind, and apples. Mix well and place in a well-buttered 8x8x2-inch (20x20x5cm) pan.

In a medium bowl, combine brown sugar, cinnamon, nutmeg, flour, pecans, oats, salt and rub in the butter with your fingers until it resembles coarse crumbs. Spread evenly over the Wild Blueberry filling. Bake 45 minutes or until the crust is brown.

WILD BLUEBERRY GRUNT

3 cups Wild Blueberries
1/2 cup sugar
1/3 cup water
1 cup flour
2 teaspoons baking powder
1/4 teaspoon salt
2 teaspoons sugar
1 tablespoon butter or soft margarine or shortening
1/3-1/2 cup low-fat milk
1/8 teaspoon cinnamon if desired

Combine Wild Blueberries with sugar and water in a large saucepan and bring to a boil. Reduce heat and simmer until berries are soft and begin to thicken, about 5 minutes. Mix flour, baking powder, sugar and salt together. Cut in butter. Gradually stir in enough milk to make a soft dough. Drop the batter by tablespoons on top of the simmering berry sauce. Immediately cover saucepan and cook over low-medium heat 15-18 minutes.

BLUEBERRY SORBET

4 cups fresh or thawed frozen blueberries
1 can (6 ounces) frozen apple juice concentrate

In a food processor or blender, combine blueberries and apple juice concentrate; blend until liquefied. Pour into an 11x17-inch baking pan. Cover and freeze until firm around the edges, about 2 hours.

With a heavy spoon, break frozen mixture into pieces. In a food processor or blender container, place mixture and blend until smooth but not completely melted. Spoon into a 9x5-inch loaf pan; cover and freeze until firm. Serve within a few days.

CREAMY BLUEBERRY PIE

Your favorite single pie crust baked
5 cups frozen Wild Blueberries
3/4 cup sugar
3 tablespoons cornstarch
1 1/2 tablespoons lemon juice
1 cup low-fat sour cream

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Combine berries with sugar over very low heat. Berries will thaw and sugar will melt. Combine cornstarch with small amount of water to make a slurry and add to berry mixture. Stir thoroughly to blend cornstarch mixture evenly. Cook until thickened and sauce is clear, about 3-5 minutes. Remove from heat and cool to room temp. Stir in lemon juice and fold in low-fat sour cream.

Pour into cooled crust and refrigerate for at least an hour. Served chilled. Optional: sprinkle with 1/2 cup thinly sliced roasted almonds before serving

BLUEBERRY WAFFLES WITH FAST BLUEBERRY SAUCE

3 egg yolks, beaten
1 2/3 cups milk
2 cups all-purpose flour
2 1/4 teaspoons baking powder
1/2 teaspoon salt
1/4 cup melted butter
3 egg whites, stiffly beaten
2/3 cup blueberries

1 1/2 cups blueberries
3 tablespoons honey
1/2 cup orange juice
1 tablespoon cornstarch

In a medium bowl, whisk together egg yolks and milk. Stir in flour, baking powder and salt. Stir in butter, and set mixture aside for about 30 minutes. Preheat a lightly greased waffle iron. Fold egg whites and 2/3 cup blueberries into the mixture. Scoop portions of the mixture into the prepared waffle iron, and cook until golden brown.

To prepare the sauce, in a medium saucepan over medium heat, mix 1 1/2 cups blueberries, honey and 1/4 cup orange juice. Bring to a boil. Mix remaining orange juice and cornstarch in a small bowl, and stir into the blueberry mixture. Stir constantly until thickened. Serve warm over waffles.

MELT IN YOUR MOUTH BLUEBERRY CAKE

1/2 cup butter
1/2 cup sugar
1/4 teaspoon salt
1 teaspoon vanilla extract
2 egg yolks
1 1/2 cups all-purpose flour
1 teaspoon baking powder
1/3 cup milk
2 egg whites
1/4 cup sugar
1 1/2 cups fresh blueberries
1 tablespoon all-purpose flour
1 tablespoon sugar

Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8 inch square pan.

Cream butter or margarine and 1/2 cup sugar until fluffy. Add salt and vanilla. Separate eggs and reserve the whites. Add egg yolks to the sugar mixture; beat until creamy.

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Combine 1 1/2 cups flour and baking powder; add alternately with milk to egg yolk mixture. Coat berries with 1 tablespoon flour and add to batter.

In a separate bowl, beat whites until soft peaks form. Add 1/4 cup of sugar, 1 tablespoon at a time, and beat until stiff peaks form. Fold egg whites into batter. Pour into prepared pan. Sprinkle top with remaining 1 tablespoon sugar.

Bake for 50 minutes, or until cake tests done.

OATMEAL BLUEBERRY MUFFINS

1 1/4 cups quick cooking oats
1 cup all-purpose flour
1/3 cup sugar
1 tablespoon baking powder
1/2 teaspoon salt
1 cup milk
1 egg
1/4 cup vegetable oil
1 cup blueberries, rinsed and drained

Combine oats, flour, sugar, baking powder, and salt. Mix in milk, egg, and oil; mix just until dry ingredients are moistened. Fold in blueberries. Fill greased muffin cups 2/3 full with batter. Bake at 425 degrees F (220 degrees C) for 20 to 25 minutes.

NO BAKE BLUEBERRY SQUARES

1 1/2 cups graham cracker crumbs
3 tablespoons sugar
1/2 cup butter or margarine, melted

1 (8 ounce) package cream cheese, softened
1 cup sugar
1/4 teaspoon salt
2 teaspoons vanilla extract
1/2 teaspoon lemon juice
1 (8 ounce) tub frozen whipped topping, thawed
3 cups frozen blueberries

In a medium bowl, stir together the graham cracker crumbs and 3 tablespoons of sugar. Mix in the melted butter. Sprinkle evenly into the bottom of a 9 inch square baking dish, and pack down into a solid crust.

In a large bowl, beat cream cheese with 1 cup of sugar until smooth. Stir in salt and lemon juice. Fold in the whipped topping until well blended, then fold in the frozen blueberries. Spoon over the crust in the baking dish, and spread evenly. Cover with plastic wrap and refrigerate for at least 1 hour before slicing into squares and serving.

OVERNIGHT BLUEBERRY FRENCH TOAST

12 slices day-old bread, cut into 1 inch cubes
2 (8 ounce) packages cream cheese, cut into 1 inch cubes
1 cup fresh blueberries
12 eggs, beaten

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2 cups milk
1 teaspoon vanilla extract
1/3 cup maple syrup

1 cup sugar
2 tablespoons cornstarch
1 cup water
1 cup fresh blueberries
1 tablespoon butter

Lightly grease a 9x13 inch baking dish. Arrange half the bread cubes in the dish, and top with cream cheese cubes. Sprinkle 1 cup blueberries over the cream cheese, and top with remaining bread cubes. In a large bowl, mix the eggs, milk, vanilla extract, and syrup. Pour over the bread cubes. Cover, and refrigerate overnight.

Remove the bread cube mixture from the refrigerator about 30 minutes before baking. Preheat the oven to 350 degrees F (175 degrees C). Cover, and bake 30 minutes. Uncover, and continue baking 25 to 30 minutes, until center is firm and surface is lightly browned.

In a medium saucepan, mix the sugar, cornstarch, and water. Bring to a boil. Stirring constantly, cook 3 to 4 minutes. Mix in the remaining 1 cup blueberries. Reduce heat, and simmer 10 minutes, until the blueberries burst. Stir in the butter, and pour over the baked French toast.

TO DIE FOR BLUEBERRY MUFFINS

1 1/2 cups all-purpose flour
3/4 cup sugar
1/2 teaspoon salt
2 teaspoons baking powder
1/3 cup vegetable oil
1 egg
1/3 cup milk
1 cup fresh blueberries
1/2 cup sugar
1/3 cup all-purpose flour
1/4 cup butter, cubed
1 1/2 teaspoons ground cinnamon

Preheat oven to 400 degrees F (200 degrees C). Grease muffin cups or line with muffin liners. Combine 1 1/2 cups flour, 3/4 cup sugar, salt and baking powder. Place vegetable oil into a 1 cup measuring cup; add the egg and enough milk to fill the cup. Mix this with flour mixture. Fold in blueberries. Fill muffin cups right to the top, and sprinkle with crumb topping mixture.

To Make Crumb Topping: Mix together 1/2 cup sugar, 1/3 cup flour, 1/4 cup butter, and 1 1/2 teaspoons cinnamon. Mix with fork, and sprinkle over muffins before baking.

Bake for 20 to 25 minutes in the preheated oven, or until done.

SUPER DUPER OATMEAL

1 cup milk
1/2 cup water
3/4 cup oats
1/2 cup blueberries

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1/2 cup applesauce
2 tablespoons wheat germ
2 teaspoons ground cinnamon
2 teaspoons sugar

Bring the milk and water to a boil in a pot. Mix in the oats, and reduce heat to medium. Stir in blueberries, applesauce, wheat germ, cinnamon, and sugar. Cook 8 to 10 minutes, or until oats are tender.

BLUEBERRIES WITH LEMON CREAM

4 ounces reduced-fat cream cheese
3/4 cup low-fat vanilla yogurt
1 teaspoon honey
2 teaspoons freshly grated lemon zest
2 cups fresh blueberries

Using a fork, break up cream cheese in a medium bowl. Drain off any liquid from the yogurt; add yogurt to the bowl along with honey. Using an electric mixer, beat at high speed until light and creamy. Stir in lemon zest.

Layer the lemon cream and blueberries in dessert dishes or wineglasses. If not serving immediately, cover and refrigerate for up to 8 hours.

BLUEBERRY & WHITE CHOCOLATE CHUNK GINGER COOKIES

1 cup all-purpose flour
1/4 cup wheat germ
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon ground ginger
1 large egg
3/4 cup packed dark brown sugar
1/3 cup canola oil
1 teaspoon vanilla extract
1/2 cup oats, quick-cooking or old-fashioned (not instant)
2 ounces white chocolate, chopped
1/3 cup dried blueberries
1/4 cup crystallized ginger, chopped (see Tip)

Position racks in upper and lower thirds of oven; preheat to 375°F.

Whisk flour, wheat germ, baking soda, salt and ground ginger in a small bowl. Whisk egg, brown sugar, oil and vanilla in a large bowl. Add the dry ingredients to the wet ingredients; stir to combine. Add oats, chocolate, blueberries and crystallized ginger; stir just to combine. Drop by rounded tablespoonfuls onto 2 ungreased baking sheets, 1 1/2 inches apart.

Bake the cookies until puffed and barely golden around the edges, switching the pans back to front and top to bottom halfway through, 8 to 10 minutes. Cool on the pans for 2 minutes; transfer to a wire rack to cool completely.