

10 Favorite Blueberry Recipes



Blueberry Buckwheat Pancakes

- 1/2 cup buckwheat flour
- 1/2 cup whole wheat flour
- 1 tablespoon sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup refrigerated or frozen egg product, thawed, or 1 egg, slightly beaten
- 1/4 cups buttermilk or sour milk
- 1 tablespoon cooking oil
- 1/4 teaspoon vanilla
- 3/4 cup fresh or frozen blueberries, thawed

1. In a medium bowl, stir together buckwheat flour, whole wheat flour, sugar, baking powder, baking soda, and salt. Make a well in center of flour mixture; set aside.

2. In a small bowl, beat egg slightly; stir in buttermilk, oil, and vanilla. Add buttermilk mixture all at once to flour mixture. Stir just until combined but still slightly lumpy. Stir in blueberries.

3. Heat a lightly greased griddle or heavy skillet over medium heat until a few drops of water sprinkled onto griddle dance across the surface. For each pancake, pour a scant 1/4 cup batter onto hot griddle. Spread the batter into a circle that's about 4 inches in diameter.

4. Cook over medium heat until pancakes are brown, turning to cook second sides when pancake surfaces are bubbly and edges are slightly dry (1 to 2 minutes per side). Serve immediately or keep warm.

Makes 6 servings.

Nutrition facts per pancake: 132 cal, 3 g fat, 2 mg chol, 244 mg sodium, 22 g carbo, 3 g fiber, 6 g pro.



Best Brunch Muffins

PREP 10 minutes **BAKE** 20 minutes at 375°F

- 2 cups all-purpose flour
- $\frac{2}{3}$ cup sugar
- 1 tablespoon baking powder
- 1 teaspoon ground nutmeg
- $\frac{1}{2}$ teaspoon salt
- 2 eggs
- 1 cup milk
- $\frac{1}{3}$ cup butter or margarine, melted
- 1 teaspoon vanilla
- $\frac{1}{2}$ cups fresh or frozen blueberries, rinsed, drained, and patted dry
- Melted butter or margarine
- Sugar or coarse sugar

1. Grease eighteen 2- $\frac{1}{2}$ -inch muffin cups or line with paper bake cups.

2. In a medium mixing bowl, stir together flour, the $\frac{2}{3}$ cup sugar, baking powder, nutmeg, and salt. Make a well in the center of dry ingredients; set aside.

3. In another mixing bowl, beat eggs. Stir in milk, the $\frac{1}{3}$ cup melted butter or margarine, and vanilla. Add all at once to dry ingredients. Stir just until moistened (batter should be lumpy). Fold in blueberries.

4. Spoon batter into prepared muffin cups, filling each $\frac{3}{4}$ full. Bake in a 375 degree F oven for 20 to 25 minutes or until tops of muffins are golden.

5. Place pan of muffins on wire rack. Brush with additional melted butter or margarine; sprinkle with sugar. Remove from muffin cups. Serve warm.

Makes 18 servings.

Nutrition facts per : 140 cal, 5 g fat, 35 mg chol, 175 mg sodium, 21 g carbo, 1 g fiber,

Blueberry Smoothies

START TO FINISH 5 minutes

- 2 cups chilled fresh blueberries or frozen blueberries, slightly thawed
- 1 cup chilled pineapple-orange juice, pineapple-orange-strawberry juice or orange-strawberry-banana juice
- 1 8-ounce carton vanilla low-fat yogurt
- 1 tablespoon sugar
- Fresh or frozen blueberries (optional)
- Orange peel curls (optional)

1. In a blender container, combine the 2 cups blueberries, a juice blend, vanilla yogurt and sugar. Cover and blend for 1 to 2 minutes or until almost smooth.

2. Pour immediately into tall glasses. If you like, thread additional blueberries on skewers and add an orange peel curl for garnish.

Makes 3 servings.

Nutrition facts per : 180 cal, 1 g fat, 4 mg chol, 64 mg sodium, 39 g carbo, 2 g fiber, 5 g pro.



Blueberry Almond Bars

PREP 25 minutes **BAKE** 50 minutes at 325°F

- ½ cup butter or margarine
- 1 12-ounce package (2 cups) white baking pieces
- 2 eggs, slightly beaten
- ½ cup sugar
- ½ to 1 teaspoon almond extract
- 1 cup all-purpose flour
- ½ teaspoon salt
- ½ cup blueberry jam
- ¼ cup sliced almonds

1. In a small saucepan, melt butter over low heat. Remove from heat. Add 1 cup of the baking pieces (do not stir). Set aside. Grease a 9x9x2-inch baking pan. Set aside.

2. In a medium mixing bowl, combine eggs and sugar. Add butter mixture to egg mixture; stir just until combined. Stir in almond extract.

3. In a small bowl, stir together the flour and salt. Add flour mixture to egg mixture; stir just until combined. Spread half of the batter into prepared pan. Bake in a 325 degree F oven for 15 to 20 minutes or until edges are lightly browned. Remove from oven.

4. Meanwhile, in a small saucepan, melt jam over low heat, stirring occasionally. Spread melted jam evenly over warm crust. Stir the remaining 1 cup of baking pieces into the remaining batter. Drop the batter in small mounds onto the jam filling. Sprinkle with almonds.

5. Bake about 35 minutes more or until a toothpick inserted near the center comes out clean and top is lightly browned. Cool on a wire rack. Cut into bars.

Makes 16 servings.

Nutrition facts per : 277 cal, 14 g fat, 43 mg chol, 176 mg sodium, 33 g carbo, 1 g fiber, 2 g pro.



Bear Chaser Blueberry Pies

PREP 30 minutes **CHILL** 6 hours **COOL** 1 hour **COOK** 10 minutes

Baked Pie Crust (see recipe below)

- 2 tablespoons whipping cream
- 2 tablespoons cornstarch
- 3 cups fresh blueberries
- ½ cup sugar
- ¼ cup pineapple juice
- ½ 8-ounce package cream cheese
- 2 tablespoons sugar
- 1 tablespoon pineapple juice

1. Prepare Baked Pie Crust; set aside.

2. In a small bowl, stir together whipping cream and cornstarch (mixture will be thick like a paste). Set aside.

3. In a medium saucepan, bring blueberries, the ½ cup sugar, and the ¼ cup pineapple juice to boiling over medium heat; reduce heat. Simmer, uncovered, for 5 minutes, stirring frequently. Stir in whipping cream mixture. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more. Remove saucepan from heat. Transfer mixture to a medium bowl. Cover surface with plastic wrap and cool without stirring for 1 hour.

4. In a small mixing bowl, beat cream cheese, the 2 tablespoons sugar and the 1 tablespoon pineapple juice with an electric mixer on medium speed until combined.

5. Spread cream cheese filling in the baked pastry shell. Pour blueberry filling over cream cheese. Cover and chill 6 to 24 hours before serving.

Makes 8 servings.

Nutrition facts per : 300 cal, 15 g fat, 21 mg chol, 118 mg sodium, 38 g carbo, 3 g fiber, 3 g pro.





Blueberry Ice Cream

PREP 40 minutes **CHILL** 4 hours **FREEZE** 2 hours 30 minutes **COOK** 5 minutes

- 3 cups fresh or frozen unsweetened blueberries
- ½ cup sugar
- 2 teaspoons finely shredded orange peel
- ⅓ cup orange juice
- ¼ teaspoon salt
- 1 cup whipping cream
- 1½ cups sugar
- 2 tablespoons all-purpose flour
- 4 cups milk
- 4 slightly beaten egg yolks
- 2 tablespoons vanilla
- 1 teaspoon ground cardamom or cinnamon
- 3 cups whipping cream
- 2 cups chopped pecans or walnuts, toasted (optional)

1. In a medium saucepan, bring blueberries, the ½ cup sugar, the 1 teaspoon of orange peel, orange juice, and salt to boiling over medium heat, mashing berries and stirring with a fork; reduce heat. Simmer, uncovered, for 5 minutes, stirring frequently. Remove from heat; cool slightly. Remove 1 cup of the mixture; set aside. Transfer the remaining blueberry mixture to a food processor or blender. Cover; process or blend till almost smooth. Pour blueberry mixture through a fine mesh sieve into a medium bowl, pressing on solids with back of a spoon; discard solids. Add the reserved 1 cup of blueberry mixture and the 1 cup of whipping cream to sieved mixture. Cover; chill blueberry mixture in the refrigerator at least 4 hours or up to 24 hours.

2. Meanwhile, in a large saucepan, stir together the 1-½ cups sugar and flour. Gradually stir in milk. Cook and stir over medium heat until slightly thickened and bubbly. Cook for 1 minute more. Stir about 1 cup of the hot mixture into beaten egg yolks; return to remaining hot mixture in saucepan. Cook and stir just until mixture returns to boiling. Remove from heat. Stir in vanilla and cardamom or cinnamon. Cool slightly. Cover the surface with plastic wrap. Chill in the refrigerator at least 4 hours or up to 24 hours.

3. In a chilled large mixing bowl, beat the 3 cups whipping cream with an electric mixer on medium speed until soft peaks form. Gently fold the whipped cream into the chilled milk mixture. Spoon mixture into the freezer can of a 4- or 5-quart ice cream freezer. (The can should be no more than two-thirds full.) Freeze the ice cream according to manufacturer's directions. Using a sturdy rubber spatula, fold in the blueberry mixture, remaining orange peel, and, if you like, the pecans until just swirled. Ripen; transfer to a freezer container. Freeze to store.

Makes 16 servings.

Nutrition facts per : 371 cal, 25 g fat, 140 mg chol, 94 mg sodium, 34 g carbo, 1 g fiber, 4 g pro.

Blueberry Streusel Coffee Cake

PREP 30 minutes **BAKE** 35 minutes at 350°F

- 1½ cups packed brown sugar
- 1 cup coarsely chopped nuts
- 4 teaspoons ground cinnamon
- 1 8-ounce carton sour cream
- 1 teaspoon baking soda
- ¾ cup granulated sugar
- ½ cup butter, softened
- 3 eggs
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1½ teaspoons baking powder
- 2 cups fresh or frozen blueberries, thawed
- 1 recipe Powdered Sugar Icing

1. Preheat oven to 350°F. Grease a 13x9x2-inch baking pan; set aside. For topping, in a small bowl stir together brown sugar, nuts, and cinnamon. In another small bowl stir together sour cream and baking soda.

2. In a large bowl combine granulated sugar and butter. Beat with an electric mixer on medium speed until light and fluffy. Add eggs and vanilla; beat until combined. Add flour and baking powder; beat until combined. Beat in sour cream mixture.

3. Pour half of the batter into the prepared pan, spreading evenly. Sprinkle with blueberries and half of the topping. Carefully pour remaining batter over layers in pan, spreading evenly. Sprinkle with remaining topping.

4. Bake for 35 to 40 minutes or until a toothpick inserted near the center comes out clean. Drizzle with Powdered Sugar Icing. Serve warm or cool completely.

Makes 16 servings.

Nutrition facts per : 345 cal, 14 g fat, 61 mg chol, 184 mg sodium, 51 g carbo, 2 g fiber, 4 g pro.



Very Blueberry Pie

PREP 40 minutes **CHILL** 2 hours **COOL** 10 minutes **BAKE** 12 minutes at 400°F

- 1½ cups all-purpose flour
- 2 tablespoons sugar
- ½ teaspoon salt
- ½ cup vegetable oil
- 2 tablespoons milk
- 1 cup sugar
- 3 tablespoons lemon-flavored gelatin
- 2 tablespoons cornstarch
- 1 cup water
- 4 to 4½ cups fresh blueberries or raspberries
- Whipped cream (optional)

1. In a 9-inch pie plate, combine flour, the 2 tablespoons sugar and salt. In a small bowl, whisk together oil and milk; pour over flour mixture. Mix flour mixture with a fork until crumbly. Press evenly onto bottom and sides of pie plate. Bake in a 400 degree F oven for 12 to 15 minutes or until golden. Cool on a wire rack.

2. In a medium saucepan, combine the 1 cup sugar, gelatin and cornstarch; stir in water. Cook and stir over medium heat until thickened and bubbly. Cook and stir 1 minute more. Remove from heat; let stand to cool slightly (about 10 minutes).

3. Fill baked pie crust with blueberries and slowly pour glaze evenly over berries. Cover and chill in the refrigerator for at least 2 hours or until set. If you like, top with whipped cream.

Makes 8 servings.

Nutrition facts per : 370 cal, 14 g fat, 154 mg sodium, 60 g carbo, 2 g fiber, 3 g pro.





Blueberry Surprise French Toast Casserole

PREP 20 minutes **CHILL** 2 hours **BAKE** 25 minutes at 375°F

- 12 slices dry white bread, cut into 1/2-inch cubes (about 8 cups)
- 2 8-ounce package cream cheese, cut into 3/4-inch cubes
- 1 cup fresh or frozen blueberries
- 12 eggs
- 2 cups milk
- 1/2 cup maple syrup or maple-flavored syrup
- Blueberry-flavored, maple, or maple-flavored syrup

- 1.** Place half of the bread cubes over the bottom of a well-buttered 13x9x2-inch baking dish (3-quart rectangular). Sprinkle cream cheese and blueberries over bread cubes. Arrange remaining bread cubes over blueberries.
- 2.** In a large mixing bowl, beat eggs with a rotary beater; beat in milk and the 1/2 cup syrup. Carefully pour egg mixture over the bread mixture. Cover and chill in the refrigerator for 2 to 24 hours.
- 3.** Bake, covered, in a 375° F oven for 25 minutes. Uncover and bake about 25 minutes more or until a knife inserted near the center comes out clean, and topping is puffed and golden brown. Let stand for 10 minutes before serving. Serve warm with blueberry-flavored or maple syrup.

Makes 8 servings.

* To dry bread slices: Arrange bread in a single layer on a wire rack; cover loosely and let stand overnight. Or cut bread with 1/2-inch cubes; spread in a large baking pan. Bake, uncovered, in a 300 degree F oven for 10 to 15 minutes or until dry, stirring twice; cool.

Nutrition facts per : 503 cal, 30 g fat, 386 mg chol, 497 mg sodium, 40 g carbo, 1 g fiber, 19 g pro.

Berry Easy Cobbler

PREP 15 minutes **BAKE** 40 minutes at 350°F

- 1/4 cups all-purpose flour
- 1/2 cup sugar
- 1 1/2 teaspoons baking powder
- 3/4 cup milk
- 1/3 cup butter or margarine, melted
- 3 cups fresh blueberries
- 1/3 cup sugar
- Vanilla ice cream or frozen yogurt (optional)

- 1.** In a medium mixing bowl, combine flour, the 1/2 cup sugar, and the baking powder. Add milk and melted butter; stir until just combined.
- 2.** Spread the batter in a greased 8x8x2-inch baking dish (2-quart square). Scatter blueberries evenly over batter. Sprinkle evenly with the remaining 1/3 cup sugar.
- 3.** Bake the cobbler in a 350 degree F oven for 40 to 45 minutes or until a toothpick inserted into the cake portion near the center comes out clean.

4. Serve the dessert warm with ice cream or frozen yogurt, if you like.

Makes 10 servings.

Nutrition facts per : 204 cal, 7 g fat, 18 mg chol, 128 mg sodium, 35 g carbo,

