

BLUEBERRIES



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Blueberries

Blueberries are indigenous to North America and have deep roots in our country's history. There are only 3 fruits native to North America: blueberries, cranberries and Concord grapes.

Botanists estimate blueberries burst onto the scene more than 13,000 years ago.

When Europeans arrived on the continent, the Native Americans were already enjoying blueberries year-round. They dried blueberries in the sun and added them whole to soups, stews and meat, or crushed them into a powder rubbed into the meat as a preservative. According to legend, Native Americans gave blueberries to the pilgrims to help them make it through their first winter.

The Native Americans used blueberries (and their leaves and roots) for medicinal purposes, and developed one of the first blueberry baked goods—a simple pudding made with blueberries, cracked corn and water.

Blueberries were once called “star berries” because the blossom end of each berry forms the shape of a perfect five-pointed star. Although they're called “blue” berries, they grow in a variety of shades from light blue to dark purple.

Blueberries are one of the most popular berries in America, second only to strawberries.

North America is the world's leading blueberry producer, accounting for nearly 90% of the world production.

The North American harvest runs from mid-April through early October, with peak harvest in July which is also known as National Blueberry month. Blueberry season starts in the southern states in April and moves north as the season continues.

Over 200 million pounds of blueberries are grown every year in North America. Michigan and New Jersey produce 66% of all the blueberries in the United States, followed by North Carolina, Oregon, Georgia and Washington. Blueberries are commercially grown in 38 states.

Although the domestic harvest ends in October, fresh blueberries are still available in the United States thanks to an abundant supply from South America. Blueberries thrive in the Southern Hemisphere's summer weather from October through March. Chile accounts for the majority of fresh Southern Hemisphere blueberries imported to the United States, followed by Argentina, Uruguay, Mexico, New Zealand, Peru and Brazil.

Varieties of Blueberries

There are more than 50 species of blueberries.

Wild Blueberries: These are native plants and have existed for hundreds of years. Wild low bush blueberries continue to grow in Maine and Canada. They are picked mostly by hand and are smaller in size and darker in color than cultivated blueberries. Wild blueberries are a delicious and have a unique flavor.

They grow in clusters on a bush-like shrub that generally ranges for 1-3 feet in height.

Maine is the largest producer of wild blueberries in the world. They are grown on 60,000 acres in Maine. 99% of this wild blueberry crop is frozen (although some of these are later canned).



Cultivated Blueberries: About 95% of cultivated blueberries are Northern high bush varieties, which grow primarily in the northern regions of the United States and in British Columbia. The remaining 5% are Rabbiteye varieties, which grow better in southern regions of the United States. They are 2-3 times larger than wild blueberries and do not have as an intense flavor.

The shrubs for the cultivated blueberries can grow to be more than 10 feet tall if not cut back (hence the name highbush). These bushes are often planted in long rows. In the spring, clusters of beautiful white blossom pop up all over the bushes and are pollinated by bees. Each blossom eventually becomes one blueberry—first hard and green, then reddish-purple, and finally blue, sweet and ready to eat!

Blueberries grow best in moist, well-drained, acidic soil.

We can buy and enjoy blueberries today thanks to two enthusiastic and enterprising individuals in the early 1900's. At the time, people didn't think blueberries could be domesticated, but Elizabeth White, the daughter of a New Jersey farmer, was determined to cultivate the highbush blueberry. She teamed up with Dr. Frederick Coville to identify wild blueberry plants with the most desirable properties, crossbred the bushes and created the new blueberry varieties.

Over the decades, plant breeders and pathologists have worked to identify and enhance the desirable features of highbush blueberries to produce an optimal blueberry with desirable flavor, texture, and color.

Harvesting

Blueberries are first picked by hand to gather the best of the early fruit. Later, if the fruit is to be mechanically harvested, a harvesting machine goes through the field and gently shakes each bush so only the ripe blueberries drop off.

Nutrition

- Of 43 fruits and vegetables tested by the USDA, blueberries ranked number one in antioxidants. The wild blueberry has more antioxidants than cultivated blueberries.
- Blueberries are sometimes referred to as “brain berries” or brain food, because they are a top source of antioxidant phytonutrients. Early research suggests that regular consumption of phytonutrients may support brain function.
- Antocyanins, which give the berry its pleasing color, may help combat the free-radical damage linked to cancer and heart disease and may also help slow the aging process, including waning brainpower. Blueberries are called a superfood for your heart.
- They are a good source of Vitamin C, vitamin K as well as potassium, magnesium and fiber. One serving provides almost 25% of your daily requirement.
- Blueberries are low in calories. ½ cup contains just 40 calories.
- Researchers have found that blueberries, like cranberries, help fend off urinary tract infections.

Blueberry Equivalents

- 1 pint of blueberries = ¾ pound
- 1 pint of blueberries = 2 cups
- 1 quart = 1 ½ pounds or 4 cups
- 1-(10 ounce package) frozen blueberries = 1 ½ cups
- 1 cup fresh blueberries = 90-129 large blueberries
- 1 cup fresh blueberries = 130-189 medium blueberries
- 1 cup fresh blueberries = 190-250 small blueberries
- 1 cup frozen blueberries = 2/3 cup thawed blueberries

Selection:

- Look for berries that have the silvery bloom coating, are plump and uniform in size, and are not shriveled. If blueberries do not have the bloom coating, it is an indication that they are not fresh or that they have been washed. Washed berries will not keep as long as unwashed berries. Fresh blueberries have a silvery bloom—as do grapes and plums—that is nature’s way of protecting the fruit.
- Blueberries should be deep-purple blue to almost bluish black color. If they are a reddish color, they are not ripe yet, but can still be used if they are going to be cooked in dishes such as sauces and syrups. Blueberries will not continue to ripen after harvesting.
- Size doesn’t indicate ripeness: Larger blueberries are not necessarily riper or sweeter. Color, not size, determine ripeness. Small berries are useful in mini-muffins and mini desserts. Large blueberries make a big impression in salads.
- Check the bottom of the blueberry container for mold and look for blue stains from the berries. Berries should be firm, dry, and move freely in the container. The blue stains may be from crushed or overripe berries.
- When buying frozen berries, be sure they are separated and loose in the bag. If they are frozen into a clump, it is a sign that they have at least partially thawed and then been refrozen.

Storage:

- Store unwashed blueberries in the refrigerator for a week to 10 days.
- They are highly perishable so try to use them as soon as possible.
- Be sure to remove any damaged or moldy berries so that they do not contaminate the others.
- Do not wash fresh blueberries until ready to use.
- Sometimes during the off season you will find fresh blueberries that are not as plump as you would like them to be. Just soak these berries in water for up to 1 hour to rehydrate them.



Freezing Blueberries

Freezing blueberries is easy. Do not wash blueberries before freezing. The waxy coating protects them when frozen.

Spread berries on a cookie sheet or in a baking pan, and freeze berries until frozen. Transfer them to a freezer container or a plastic freezer bag. If you’re planning to use frozen blueberries in baked goods, the color may bleed into the batter. To prevent this, be sure the berries are frozen solid and stir them into the batter just before baking.

Frozen blueberries can be stored for 8-12 months.

Freeze pureed blueberries for 6-8 months. Pureed blueberries are useful in dessert recipes or sauces and easy to store. Wash the blueberries and puree them in a food processor. Stir 1 cup of sugar for every 2 pounds of pureed berries and add to freezer-safe containers.

Dried Blueberries

Dried blueberries have had the majority of their moisture removed with one of the following methods.

- Fresh and frozen berries can be dehydrated by exposing them to hot air until their moisture level has been reduced significantly.
- Osmotically dried blueberries are placed in a vacuum chamber and slowly infused with a syrup solution. They are then dried, producing a shelf stable product that is used in other products, such as pastries, muffins and sauces.
- Freeze dried blueberries are quick frozen and dehydrated to maintain color and shape. They are added to cereals, snack mixes or eaten on their own.
- Drum dried blueberries are tumbled in a drum with hot air to produce a powder form of blueberries.

Dried blueberries have a concentrated flavor and chewy texture, making them a great snack. They can also be added to baked goods, salads, and cereal. The shelf life for freeze-dried blueberries is about 3 months when stored at room temperature.

You can rehydrate dried blueberries to use in recipes that call for fresh fruit.

To rehydrate dried blueberries, add 1 cup of blueberries and 1 cup of water to a bowl. Mix well, cover the blueberries and refrigerate them overnight. Add the rehydrated blueberries to recipes for pancakes, cakes and muffins.



Make **blueberry sauce** by adding 3 cups of rehydrated blueberries to a saucepan containing 1 cup of sugar, tablespoon of cornstarch, 2/3 cup of water, 1 tablespoon of lemon zest, 1/8 teaspoon of cinnamon, and 1/8 teaspoon of salt. Cook over medium heat until the liquid thickens. Taste the sauce and add more sugar if necessary. Let the blueberries cool and store them in the refrigerator.

Make **homemade granola** by combining 1 cup dried blueberries with 3 cups rolled oats, cup sunflower seeds, cup almonds, 1/4 cup wheat germ, cup brown sugar, and 1 tablespoon cinnamon. Add cup melted butter and cup honey to the dry ingredients and mix well. Put the mixture in a 13 x 9 inch baking tray and bake it in a 350 degree oven for 15 minutes. Stir the mixture every five minutes. Remove the granola from the oven, allow the mixture to cool, and store in a sealed container.





Here are some more ways to use dried blueberries

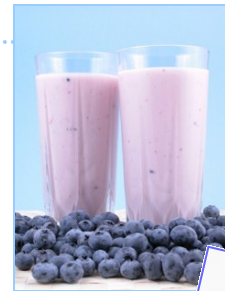
- Sprinkle dried blueberries over a bowl of cereal –either cold or hot.
- Use dried blueberries when you are making a recipe that produces a thick or heavy batter that would normally cause fresh or frozen blueberries to break or bleed.
- Eat dried blueberries as a healthy snack.
- Add dried blueberries to your fruit smoothie
- Pack dried blueberries when going on a hike or backpacking trip for a compact, lightweight way to enjoy a serving of fruit.
- Use in savory grain pilafs with rice, faro, quinoa, orzo or wild rice
- Use in poultry or pork stuffing's
- Use in coleslaw
- Use in cooked salsa, ketchups and chutneys
- Add to stews
- Use sugar-infused dried blueberries in cream cheese spreads, sweet baked goods such as muffins, scones, biscotti, cobblers, crisps and buckles.

Processed Blueberries

When fresh blueberries are not available, there are products that can be used in their place. Frozen berries and canned blueberries are also available. The canned berries can be drained and added to other foods, and blueberries in a sauce are available for pies and other desserts.

Fun and Easy ways to use blueberries

- Make a fruit and juice breakfast shake
- Add to cold or hot cereal
- Top pancakes and waffles with blueberries
- Add to muffins and quick breads
- Make a parfait with non-fat yogurt, cereal and blueberries
- Make a shake with non-fat milk, yogurt and blueberries
- Add to fruit or vegetable salads
- Make a blueberry sauce to serve with chicken or fish dishes
- Use blueberries as a topping on angel food cake
- Make a blueberry sauce for fruit dishes or to spoon over ice cream
- Cook with sugar syrup to make jams and jellies
- Blueberries add a sharp sweet taste to cakes and pies
- Add blueberries to your favorite pound cake recipe
- Fruit salads with peaches, pineapple, mango and blueberries complement each other
- Place 3 berries in each compartment of an ice-cube tray. Add water and freeze. Float in lemonade, iced tea or other drinks.
- Use blueberries to make smoothies, spritzers, mojitos, daiquiri and other mixed drinks





Adding Blueberries to Batter

- Minimize streaking by gently folding fresh or frozen berries into batter at the end of the mix cycle. Do not thaw frozen berries before adding to batters. Do not over-mix. Bake immediately to prevent color leeching.

- Keep blueberries from sinking to the bottom of your batter by spreading half of the batter in the pan, then add the blueberries, and top with remaining batter.

- Or, coat blueberries with flour or starch before

stirring into batter. One reason blueberries sink is because the specific gravity may be too low. Increase specific gravity by using a thicker, denser batter. Another reason might be that too much air has been incorporated into the batter. Avoid over-blending during the first stage of creaming.

- Another tip when making muffins, cakes or cupcakes is to portion out the batter in the muffin cup or pan, then add the fresh, frozen or dried blueberries on top without mixing. They will disperse themselves as the muffins or cake bakes.
- The secret to beautiful colored berries in baked goods is the proper pH. Blueberries turn reddish when exposed to acids, such as lemon juice and vinegar. Blueberries turn greenish-blue in a batter that has too much baking soda, which creates an alkaline environment.
- If your muffin, cake or pancake batter is too basic (high pH), blueberries will have a greenish haze around them. Adjust the acidity of your batter by replacing some of the liquid with buttermilk, sour cream, applesauce or citrus juice.
- Watch the pH in dairy desserts too! Add a touch of acid when blending blueberries with milk, cream or ice cream to preserve that true blue color.
- Drain, rinse and pat dry canned blueberries before adding to your recipe to avoid color bleeding into the final product.
- As a general rule, blueberries will not bleed unless the skin is broken.
- Blueberry muffins rule: Use a recipe with 33% fruit—one pound of berries for every two pounds of batter.



Using Frozen Blueberries

Many cooks prefer baking with frozen versus fresh blueberries as fresh are more inclined to color leeching. Use frozen blueberries in pancakes, loaves, cakes and muffins.

- Remove blueberries from the freezer only when you're ready to use them. Frozen blueberries, as opposed to thawed blueberries, are less likely to break or split.
- Coat frozen blueberries with a thin layer of flour or a starch—such as cornstarch or tapioca—before adding them to your batter. Add 1 tablespoon of all purpose flour or starch per cup of frozen blueberries to a bowl, then add the berries. Toss the blueberries around in the bowl, ensuring complete coverage.
- Fold frozen blueberries gently into the batter at the very end. Ideally, they will be the last ingredient you add. Do not over-mix, and be sure to bake immediately to prevent the color from leeching out.
- Substitute frozen blueberries in blueberry pancakes by adding the frozen berries in small handfuls to each pancake as it cooks. The berries will sink into the batter and will be hot and juicy after the pancake is turned and cooking is completed. Do not add frozen berries directly to the batter because their juice will tint the batter purple and change the texture of the pancakes.
- Cook frozen blueberries in exactly the same manner as fresh berries for jam or preserves. Cooking time may be shortened somewhat because the frozen berries give up their juices more quickly than fresh ones.
- Prepare blueberry pie filling with either frozen or thawed blueberries. Either way, the frozen berries will release their juices more quickly than fresh berries, meaning that the frozen berries will often have a fresher flavor. This is especially so if you collect the juice from the thawed berries and cook and thicken it, and then stir in the berries at the end.
- Use frozen blueberries in exactly the same way as fresh blueberries in cobbler, crisp, crumble, grunts and other simple home-style desserts.

References:

U.S Highbush Blueberry Council, Blueberry Kitchen—Culinary Institute of America



Angel Berry Trifle

1 1/2 cups	cold fat-free milk	2 teaspoons	vanilla extract
1 package	(1 ounce) sugar-free instant vanilla pudding mix	1 carton	(12 ounces) frozen reduced-fat whipped topping, thawed, divided
1 cup	(8 ounces) fat-free vanilla yogurt	1	prepared angel food cake (18 inches), cut into 1-inch cubes
6 ounces	reduced-fat cream cheese, cubed	1 print	each blackberries, raspberries and blueberries
1/2 cup	reduced-fat sour cream		

- 1 In a small bowl, whisk the milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set.
- 2 In a large bowl, beat the yogurt, cream cheese, sour cream and vanilla until smooth. Fold in pudding mixture and 1 cup whipped topping.
- 3 Place a third of the cake cube sin a 4-qt trifle bowl. Top with a third of the pudding mixture, a third of the berries and half of the remaining whipped topping. Repeat layers once. Top with remaining cake, pudding and berries. Serve immediately or refrigerate. Yield: 14 servings.

Servings: 14

Cooking Times

Preparation Time: 15 minutes
Total Time: 15 minutes

Nutrition Facts

Serving size: 1/14 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	209
	% Daily Value
Total Fat 6g	9%
Cholesterol 10mg	3%
Sodium 330mg	14%
Total Carbohydrates 32g	11%
Fiber 3g	12%
Protein 5g	10%

Source

Source: Taste of Home 2012

Best-Loved Blueberry Muffins

	Muffin	2	teaspoons	baking powder
1	cup		1/2	teaspoon
1/2	cup		1	cup
1				
2	cups		1/4	cup
1/3	cup		1/4	cup

- 1 Heat oven to 375°F. Place paper baking cups into 12 muffin pan cups or grease muffin pan cups; set aside.
- 2 Combine milk, 1/2 cup melted butter and egg in large bowl. Add all remaining muffin ingredients except blueberries; stir just until moistened. Gently stir in blueberries.
- 3 Spoon batter evenly into prepared muffin pan cups. Bake for 22-26 minutes or until golden brown. Cool slightly; remove from pan.
- 4 Dip tops of muffins in 1/4 cup melted butter, then in sugar.

Servings: 12

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Total Time: 55 minutes

Nutrition Facts

Serving size: 1/12 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
	% Daily Value
Calories	240
Total Fat 13g	20%
Cholesterol 50mg	17%
Sodium 230mg	10%
Total Carbohydrates 15g	5%
Fiber 1g	4%
Protein 4g	8%

Tips

*Lemon Blueberry Muffins: prepare muffins as directed above, stirring in 1 tablespoon grated lemon peel with the flour.

*Raspberry-White Chocolate Chip Muffins: prepare muffins as directed above, substituting 1 cup fresh or frozen raspberries for blueberries. Gently stir in 1/2 cup vanilla milk chips with raspberries.

Source

Source: Land O'Lakes

Blueberry Angel Dessert

1 package (8 ounces) cream cheese, softened 1 prepared angel food cake (8 to 10 ounces), cut
1 cup confectioner's sugar into 1-inch cubes
1 carton (8 ounces) frozen whipped topping, thawed 2 cans (21 ounces each) blueberry pie filling

In a large bowl, beat cream cheese and sugar until smooth; fold in whipped topping and cake cubes. Spread evenly into an ungreased 13x9 inch dish; top with pie filling. Cover and refrigerate for at least 2 hours before cutting into squares. Yield: 12-15 servings.

Servings: 12

Cooking Times

Preparation Time: 10 minutes

Source

Source: Taste of Home 2012

Blueberry Angel Torte

1 package (8 ounces) cream cheese, softened 1 carton (16 ounces) frozen whipped topping, thawed
 1 cup sugar 1 prepared angel food cake (8 to 10 ounces)
 1 cup confectioners' sugar 1 can (21 ounces) blueberry pie filling

In a large bowl, beat the cream cheese and sugars until smooth; fold in whipped topping. Split cake into four horizontal layers. Place bottom layer on a serving plate; top with a fourth of the whipped topping mixture and a fourth of the pie filling. Repeat layers three times. Refrigerate until serving. Yield: 12-16 servings.

Servings: 12

Cooking Times

Preparation Time: 20 minutes
 Total Time: 20 minutes

Nutrition Facts

Serving size: 1/12 of a recipe.
 Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
 Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	318
	% Daily Value
Total Fat 10g	15%
Saturated Fat 8g	40%
Cholesterol 16mg	5%
Sodium 264mg	11%
Total Carbohydrates 53g	18%
Fiber 1g	4%
Protein 3g	6%

Source

Source: Taste of Home 2012

Blueberry Buckle

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

- In a small bowl, cream butter and sugar until light and fluffy. Beat in egg. Combine the flour, baking powder and salt; add to creamed mixture alternately with milk, beating well after each addition. Fold in blueberries. Pour into greased 9 in. square baking pans.
- For topping, in a small bowl, combine the sugar, flour and cinnamon; cut in butter until crumbly. Sprinkle over blueberry mixture.
- Bake at 375° for 40-45 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Yield: 4-6 servings.

Servings: 6

Cooking Times

Preparation Time: 20 minutes
 Cooking Time: 30 minutes

Total Time: 50 minutes

Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	581
	% Daily Value
Total Fat 20g	31%
Cholesterol 86mg	29%
Sodium 434mg	18%
Total Carbohydrates 95g	32%
Fiber 3g	12%
Protein 8g	16%

Source

Source: Taste of Home 2012

Blueberry Cheesecake Ice Cream

1/2 cup	sugar	1/2 teaspoon	ground cinnamon
1 tablespoon	cornstarch	1/2 cup	butter, melted
1/2 cup	water		Ice cream
1 1/4 cups	fresh or frozen blueberries	1 1/2 cups	sugar
1 tablespoon	lemon juice	1 package	(3.4 ounces) instant cheesecake or vanilla pudding mix
	Graham Cracker Mixture		
2 1/2 cups	graham cracker crumbs (about 36 squares)	1 quart	heavy whipping cream
		2 cups	milk
2 tablespoons	sugar	2 teaspoons	vanilla extract

- 1 In a small saucepan, combine sugar and cornstarch. Gradually stir in water until smooth. Stir in blueberries and lemon juice. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes or until slightly thickened, stirring occasionally. Cover and refrigerate until chilled.
- 2 In a large bowl, combine the cracker crumbs, sugar and cinnamon. Stir in butter. Pat into an ungreased 15x10x1 baking pan. Bake at 350° for 10-15 minutes or until lightly browned. Cool completely on a wire rack.
- 3 Meanwhile, in a large bowl, whisk the ice cream ingredients. Fill ice cream freezer cylinder two-thirds full; freeze according to manufacturer's directions. Refrigerate remaining mixture until ready to freeze. Whisk before adding to ice cream freezer (mixture will have some lumps).
- 4 Crumble the graham cracker mixture. In a large container, layer the ice cream, graham cracker mixture and blueberry sauce three times; swirl. Freeze. Yield: 2 quarts.

Servings: 15

Cooking Times

Preparation Time: 55 minutes

Total Time: 1 hour and 15 minutes

Nutrition Facts

Serving size: 1/15 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	459
	% Daily Value
Total Fat 30g	46%
Saturated Fat 18g	90%
Cholesterol 101mg	34%
Sodium 252mg	11%
Total Carbohydrates 47g	16%
Fiber 1g	4%
Protein 3g	6%

Source

Source: Taste of Home 2012

Blueberry Cheesecake Ice Cream

2 cups granulated sugar
3/4 cup (6 ounces) 1/3 less fat cream cheese, softened
4 large egg yolks
3 cups 2% reduced-fat milk
1 cup half-and-half
3 cups fresh blueberries, coarsely chopped
1/4 cup powdered sugar
1/4 cup water

- 1 Combine first 3 ingredients in a large bowl; beat with a mixer at high speed until smooth. Combine milk and half and half in a medium, heavy saucepan; bring to a boil. Remove from heat. Gradually add half of hot milk mixture to cheese mixture, stirring constantly with a whisk. Return milk mixture to a pan. Cook over medium-low heat 5 minutes or until a thermometer registers 160°, stirring constantly. Place pan in an ice-filled bowl. Cool completely, stirring occasionally.
- 2 Combine blueberries, powdered sugar, and 1/4 cup water in a small saucepan; bring to a boil. Reduce heat, and simmer for 10 minutes or until mixture thickens slightly, stirring frequently. Remove from heat, and cool completely.
- 3 Stir blueberry mixture into milk mixture. Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze for 1 hour or until firm.

Servings: 12

Nutrition Facts

Serving size: 1/12 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	268
	% Daily Value
Total Fat 7.8g	12%
Saturated Fat 4.4g	22%
Cholesterol 90mg	30%
Sodium 100mg	4%
Total Carbohydrates 45.8g	15%
Fiber 0.9g	4%
Protein 0g	

Source

Source: My Recipes

Blueberry Chicken Salad

2 cups fresh blueberries
2 cups cubed cooked chicken breast
3/4 cup chopped celery
1/2 cup diced sweet red pepper
1/2 cup thinly sliced green onions
3/4 cup (6 ounces) lemon yogurt
3 tablespoons mayonnaise
1/2 teaspoon salt
Bibb lettuce leaves, optional

- 1 Set aside a few blueberries for garnish. In a large bowl, gently combine the chicken, celery, red pepper, onions and remaining blueberries. Combine the yogurt, mayonnaise and salt; drizzle over chicken mixture and gently toss to coat.
- 2 Cover and refrigerate for at least 30 minutes. Serve on lettuce lined plates if desired. Top with reserved blueberries. Yield: 4 servings.

Servings: 4

Cooking Times

Preparation Time: 15 minutes

Source

Source: Taste of Home 20212

Blueberry Crisp

1	cup	fresh or frozen blueberries, thawed	2	tablespoons	quick cooking oats
4	teaspoons	sugar	2	tablespoons	brown sugar
2	teaspoons	lemon juice			Dash ground cinnamon
1 1/2	teaspoons	cornstarch	2	tablespoons	butter
		Topping	2	tablespoons	chopped pecans
2	tablespoons	all-purpose flour			Whipped topping, optional

- 1 In a small bowl, combine the blueberries, sugar, lemon juice and cornstarch. Transfer to two 10 oz. ramekins or custard cups coated with cooking spray.
- 2 For topping, in a small bowl, combine the flour, oats, brown sugar and cinnamon. Cut in butter until mixture resembles coarse crumbs. Stir in pecans. Sprinkle over fruit mixture.
- 3 Bake at 375° for 15-20 minutes or until topping is golden brown and fruit is tender. Serve warm with whipped toping if desired. Yield: 2 servings.

Servings: 2

Cooking Times

Preparation Time: 30 minutes

Total Time: 30 minutes

Nutrition Facts

Serving size: 1/2 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
	% Daily Value
Calories	283
Total Fat 12g	18%
Saturated Fat 4g	20%
Cholesterol 15mg	5%
Sodium 102mg	4%
Total Carbohydrates 46g	15%
Fiber 3g	12%
Protein 3g	6%

Source

Source: Taste of Home 2012

Blueberry Kuchen

1 1/2 cups	all-purpose flour	1	egg, beaten
3/4 cup	sugar	1 teaspoon	vanilla extract
2 teaspoons	baking powder	2 cups	fresh or frozen blueberries
1 1/2 teaspoon	grated lemon peel		Topping
1/2 teaspoon	ground nutmeg	3/4 cup	sugar
1/4 teaspoon	salt	1/2 cup	all-purpose flour
2/3 cup	milk	1/4 cup	butter, melted
1/4 cup	butter, melted		

- In a bowl, combine the first six ingredients. Add the butter, milk, egg and vanilla. Beat for 2 minutes or until well blended.
- Pour into a greased 13x9 inch baking dish. Sprinkle with blueberries. In a bowl, combine sugar and flour; add butter. Toss with a fork until crumbly; sprinkle over blueberries. Bake at 350° for 40 minutes or until lightly browned. Yield: 12 servings.

Servings: 12

Cooking Times

Preparation Time: 10 minutes
 Cooking Time: 40 minutes
 Total Time: 50 minutes

Nutrition Facts

Serving size: 1/12 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	269
	% Daily Value
Total Fat 9g	14%
Saturated Fat 5g	25%
Cholesterol 40mg	13%
Sodium 206mg	9%
Total Carbohydrates 45g	15%
Fiber 1g	4%
Protein 3g	6%

Source

Source: Taste of Home 2012

Blueberry Pound Cake

1 cup	butter, softened	3 cups	fresh or frozen blueberries
3 cups	sugar		confectioner's sugar
1 1/2 teaspoons	vanilla extract		Blueberry Sauce
1/2 teaspoon	lemon extract	1 cup	sugar
6	eggs	1/4 cup	cornstarch
3 cups	all-purpose flour	1/2 cup	thawed cranberry juice concentrate
1/4 teaspoon	baking soda	6 cups	fresh or frozen blueberries
1 cup	(8 ounces) sour cream		

- In a large bowl, cream butter and sugar until light and fluffy. Beat in extracts. Add eggs, one at a time, beating well after each addition. Combine flour and baking soda; add to creamed mixture alternately with sour cream. Fold in blueberries.
- Spoon into two greased and waxed paper-lined 9x5 in. loaf pans. Bake at 350° for 60-65 minutes or until a

toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to wire racks. Sprinkle with confectioner's sugar.

- 3 In a small saucepan, combine the sugar, cornstarch and cranberry juice concentrate until smooth. Add blueberries. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Serve warm or cold with pound cake. Yield: 2 loaf cakes.

Servings: 32

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 1 hour

Total Time: 1 hour and 20 minutes

Source

Source: Taste of Home

Blueberry Pretzel Dessert

1 1/2 cups	crushed pretzels	1 cup	confectioners' sugar
1/2 cup	sugar	1 carton	(8 ounces) frozen whipped topping, thawed
1/2 cup	butter, melted	2 cans	(21 ounces each) blueberry pie filling
1 package	(8 ounces) cream cheese, softened		additional whipped topping, optional

- 1 In a large bowl, combine the pretzels and sugar; stir in butter. Press into a 13x9 inch dish; set aside. In a large bowl, beat the cream cheese and confectioners' sugar until smooth.
- 2 Fold in whipped topping. Spread over the crust. Top with pie filling. Cover and refrigerate for 30 minutes or until serving. Garnish with whipped topping if desired. Yield: 12-15 servings.

Servings: 12

Cooking Times

Preparation Time: 20 minutes

Nutrition Facts

Serving size: 1/12 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	280
	% Daily Value
Total Fat 14g	22%
Saturated Fat 10g	50%
Cholesterol 33mg	11%
Sodium 247mg	10%
Total Carbohydrates 36g	12%
Fiber 1g	4%
Protein 2g	4%

Source

Source: Taste of Home 2012

Blueberry Pudding Cake

2 cups	fresh or frozen blueberries	1/2 cup	milk
1 teaspoon	ground cinnamon	3 tablespoons	butter, melted
1 teaspoon	lemon juice		Topping
1 cup	all-purpose flour	3/4 cup	sugar
3/4 cup	sugar	1 tablespoon	cornstarch
1 teaspoon	baking powder	1 cup	boiling water

- 1 Toss the blueberries with cinnamon and lemon juice; place in a greased 8-in. square baking dish. In a small bowl, combine the flour, sugar and baking powder; stir in milk and butter. Spoon over berries.
- 2 Combine sugar and cornstarch; sprinkle over batter. Slowly pour boiling water over all. Bake at 350° for 45-50 minutes or until a toothpick inserted into the cake portion comes out clean. Yield: 9 servings.

Servings: 9

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Total Time: 1 hour

Nutrition Facts

Serving size: 1/9 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	244
% Daily Value	
Total Fat 4g	6%
Saturated Fat 3g	15%
Cholesterol 12mg	4%
Sodium 91mg	4%
Total Carbohydrates 50g	17%
Fiber 1g	4%
Protein 2g	4%

Source

Source: Taste of Home 2012

Blueberry Sauce

1/4 cup	sugar	1 cup	fresh or frozen blueberries
1 teaspoon	cornstarch	1 1/2 teaspoons	lemon juice
	Dash salt	1/2 teaspoon	grated lemon peel
1/4 cup	water		vanilla ice cream

In a small saucepan, combine the sugar, cornstarch and salt. Gradually whisk in water until smooth. Add the blueberries, lemon juice and peel; bring to a boil over medium heat, stirring constantly. Cook 2-3 minutes longer or until thickened, stirring occasionally (some berries will remain whole). Serve warm or chilled over ice cream. Yield: 3/4 cup

Servings: 3

Cooking Times

Preparation Time: 20 minutes

Total Time: 20 minutes

Nutrition Facts

Serving size: 1/3 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	96
	% Daily Value
Total Fat 0g	
Sodium 52mg	2%
Total Carbohydrates 25g	8%
Fiber 1g	4%
Protein 0g	

Source

Source: Taste of Home

Blueberry Slump

3 cups	fresh or frozen blueberries	2 tablespoons	sugar
1/2 cup	sugar	2 teaspoons	baking powder
1 1/4 cups	water	1/2 teaspoon	salt
1 teaspoon	finely grated lemon peel	1 tablespoon	butter
1 tablespoon	lemon juice	1/2 cup	milk
1 cup	all-purpose flour		cream or whipped cream, optional

- 1 In a large heavy saucepan, combine the blueberries, sugar, water, lemon peel and juice; bring to a boil. Reduce heat and simmer, uncovered, for 5 minutes.
- 2 Meanwhile, in a large bowl, combine the flour, sugar, baking powder and salt; cut in butter until mixture resembles coarse crumbs. Add milk quickly; stir until moistened.
- 3 Drop dough by spoonfuls onto berries (makes six dumplings). Cover and cook over low heat for 10 minutes. Do not lift lid while simmering. Spoon dumplings into individual serving bowls; top with sauce. Serve warm with cream or whipped cream if desired. Yield: 6 servings.

Servings: 6

Cooking Times

Total Time: 30 minutes

Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	228
	% Daily Value
Total Fat 3g	5%
Saturated Fat 2g	10%
Cholesterol 8mg	3%
Sodium 361mg	15%
Total Carbohydrates 48g	16%
Fiber 2g	8%
Protein 3g	6%

Source

Source: Taste of Home 2012

Blueberry Sour Cream Coffee Cake

3/4 cup	butter, softened				
1 1/2 cups	sugar		1/4 cup	Filling	packed brown sugar
4	eggs		1 tablespoon		all-purpose flour
1 teaspoon	vanilla extract		1/2 teaspoon		ground cinnamon
3 cups	all-purpose flour		2 cups		fresh or frozen blueberries
1 1/2 teaspoons	baking powder			Glaze	
3/4 teaspoon	baking soda		1 cup		confectioners' sugar
1/4 teaspoon	salt		2-3 tablespoons		2% milk
1 cup	(8 ounces) sour cream				

- In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Combine the flour, baking powder, baking soda and salt; add to creamed mixture alternately with sour cream, beating well after each addition.
- Spoon a third of the batter into a greased and floured 10 in. tube pan. Combine brown sugar, flour and cinnamon; sprinkle half over batter. Top with half of the berries. Repeat layers. Top with remaining batter.
- Bake at 350° for 55-65 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely. Combine glaze ingredients; drizzle over warm coffee cake. Yield: 10-12 servings.

Servings: 12

Cooking Times

Preparation Time: 25 minutes
 Cooking Time: 55 minutes
 Total Time: 1 hour and 20 minutes

Nutrition Facts

Serving size: 1/12 of a recipe.
 Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
 Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	448
	% Daily Value
Total Fat 17g	26%
Saturated Fat 10g	50%
Cholesterol 114mg	38%
Sodium 328mg	14%
Total Carbohydrates 68g	23%
Fiber 1g	4%
Protein 6g	12%

Source

Source: Taste of Home

Blueberry Sour Cream Pancakes

	Ingredients	4	teaspoons	baking powder
1/2 cup	sugar	1/2	teaspoon	salt
2 tablespoons	cornstarch	2		eggs, lightly beaten
1 cup	cold water	1 1/2	cups	2% milk
4 cups	fresh or frozen blueberries	1	cup	(8 ounces) sour cream
	Pancakes	1/3	cup	butter, melted
2 cups	all-purpose flour	1	cup	fresh or frozen blueberries
1/4 cup	sugar			

- In a large saucepan, combine sugar and cornstarch. Stir in water until smooth. Add blueberries. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Remove from the heat; cover and keep warm.

- For pancakes, in a large bowl, combine the flour, sugar, baking powder and salt. Combine the eggs, milk, sour cream and butter. Stir into dry ingredients just until moistened. Fold in blueberries.
- Pour batter by 1/4 cupful onto a greased hot griddle. Turn when bubbles form on top; cook until the second side is golden brown. Serve with blueberry topping. Yield: about 20 pancakes (3 1/2 cups topping).

Servings: 10

Cooking Times

Preparation Time: 20 minutes
 Cooking Time: 5 minutes
 Total Time: 25 minutes

Nutrition Facts

Serving size: 1/10 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	332
	% Daily Value
Total Fat 13g	20%
Saturated Fat 8g	40%
Cholesterol 79mg	26%
Sodium 387mg	16%
Total Carbohydrates 48g	16%
Fiber 3g	12%
Protein 6g	12%

Source

Source: Taste of Home 2012

Blueberry Swirl Cheesecake

- | | | | |
|---------------|--|---------------|--|
| 1 1/2 cups | fresh blueberries | 2 tablespoons | butter, melted |
| 1/4 cup | sugar | | Filling |
| 1 tablespoon | lemon juice | 3 packages | (8 ounces each) cream cheese, softened |
| 2 teaspoons | cornstarch | 1 cup | sugar |
| 1 tablespoon | cold water | 1 cup | (8 ounces) sour cream |
| | Crust | 2 tablespoons | all-purpose flour |
| 1 cup | graham cracker crumbs (about 16 squares) | 2 teaspoons | vanilla extract |
| 2 tablespoons | sugar | 4 | eggs, lightly beaten |

- In a small saucepan, combine the blueberries, sugar and lemon juice. Cook and stir over medium heat for 5 minutes or until the berries are softened. Combine cornstarch and water until smooth; stir into the blueberry mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; cool to room temperature. Transfer to a blender; cover and process until smooth. Set aside.
- For crust, in a small bowl, combine the crumbs and sugar; stir in the butter. Press onto the bottom of a greased 9 inch springform pan. Place pan on a baking sheet. Bake at 350° for 10 minutes. Cool on a wire rack.
- In a large bowl, beat cream cheese and sugar until smooth. Add in the sour cream, flour and vanilla. Add eggs; beat on low speed just until combined. Pour filling over crust. Drizzle with blueberry mixture; cut through batter with a knife to swirl.
- Return pan to baking sheet. Bake at 350° for 1 hour or until center is almost set. Cool on a wire rack for 10 minutes. Carefully run a knife around the edge of pan to loosen; cool 1 hour longer.
- Refrigerate overnight. Refrigerate leftovers. Yield: 12 servings.

Servings: 12

Cooking Times

Preparation Time: 40 minutes
Cooking Time: 1 hour and 10 minutes

Source

Source: Taste of Home 2012

Blueberry Syrup

1 3/4 cups fresh blueberries, divided 1 tablespoon cornstarch
1 cup corn syrup

- 1 In a blender, combine 1 cup blueberries and corn syrup; cover and process for 30 seconds or until blueberries are almost smooth.
- 2 Place cornstarch in a small saucepan; gradually whisk in the blueberry mixture. Bring to a boil over medium heat; cook and stir for 1 minute or until thickened. Remove from the heat; stir in the remaining blueberries and cool. Store in the refrigerator. Yield: 2 cups.

Servings: 16

Cooking Times

Preparation Time: 5 minutes
Cooking Time: 10 minutes
Total Time: 15 minutes

Nutrition Facts

Serving size: 1/16 of a recipe.
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	69
	% Daily Value
Total Fat 0g	
Sodium 25mg	1%
Potassium 18mg	<1%
Total Carbohydrates 0g	
Protein 0g	

Source

Source: Taste of Home 2012

Blueberry Upside-Down Cake

6 tablespoons butter, softened, divided 1 teaspoon vanilla extract
1/4 cup packed brown sugar 1 1/4 cups cake flour
2 cups fresh blueberries 1 1/2 teaspoons baking powder
3/4 cup sugar 1/2 cup milk
1 egg whipped topping, optional

- 1 In a small saucepan, melt 2 tablespoons butter; stir in brown sugar. Spread into an ungreased 8 inch square baking dish. Arrange blueberries in a single layer over brown sugar mixture; set aside.
- 2 In a large bowl, cream remaining butter and sugar until light and fluffy. Beat in egg and vanilla. Combine flour and baking powder; add to creamed mixture alternately with milk, beating well after each addition. Carefully pour over blueberries.
- 3 Bake at 350° for 40-45 minutes or until a toothpick inserted near the center comes out clean. Immediately invert onto a serving platter. Cool. Serve with whipped topping if desired. Yield: 6-8 servings.

Servings: 8

Cooking Times

Preparation Time: 10 minutes
Cooking Time: 40 minutes
Total Time: 50 minutes

Nutrition Facts

Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	292
% Daily Value	
Total Fat 10g	15%
Saturated Fat 6g	30%
Cholesterol 52mg	17%
Sodium 181mg	8%
Total Carbohydrates 48g	16%
Fiber 1g	4%
Protein 3g	6%

Source

Source: Taste of Home 2012

Chocolate Almond Cherry Crisps

1 cup semisweet chocolate chips 3/4 cup dried cherries or cranberries
3/4 cup white chocolate chips 1/3 cup slivered almonds
1 1/2 cups oven-toasted rice cereal (such as Rice Krispies) 1/2 teaspoon vanilla

- 1 Cover a large baking sheet with wax paper.
- 2 Place semisweet and white chocolate chips in a medium glass bowl; microwave at HIGH 45 seconds. Stir, and microwave an additional 45 seconds or until almost melted. Stir until smooth. Add cereal and remaining ingredients; stir quickly to combine. Drop mixture by tablespoonfuls onto prepared baking sheet; chill 1 hour or until firm.

Servings: 36

Nutrition Facts

Serving size: 1/36 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	68
% Daily Value	
Total Fat 3.3g	5%
Saturated Fat 2g	10%
Sodium 6mg	<1%
Total Carbohydrates 9.7g	3%
Fiber 0.7g	3%
Protein 0.6g	1%

Source

Source: My Recipes

French Toast with Blueberries

1	cup	egg substitute	1/8	teaspoon	ground nutmeg
1/4	cup	fat-free milk			Dash pepper
		Sugar substitute equivalent to 2	8	slices	whole wheat bread
		tablespoons sugar	1	tablespoon	confectioners' sugar
2	teaspoons	ground cinnamon	1	cup	frozen blueberries
1 1/2	teaspoons	vanilla extract			
1/8	teaspoon	salt			

- 1 In a shallow bowl, combine the first eight ingredients. Dip both sides of each slice of bread in egg mixture. In a large nonstick skillet coated with cooking spray, cook bread over medium-high heat for 2 minutes on each side or until golden brown. Sprinkle with confectioners; sugar
- 2 In a small microwave-safe bowl, heat blueberries until warmed. Serve over French toast. Yield: 4 servings

Servings: 4

Cooking Times

Preparation Time: 15 minutes

Total Time: 15 minutes

Nutrition Facts

Serving size: 1/4 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	
% Daily Value	
Total Fat 3g	5%
Saturated Fat 1g	5%
Sodium 503mg	21%
Total Carbohydrates 36g	12%
Fiber 6g	24%
Sugar 12g	
Protein 0g	

Source

Source: Taste of Home 2012

Fresh Blueberry Tarts

1	package	(8 ounces) cream cheese, softened	3	tablespoons	sugar
1/4	cup	packed light brown sugar	1	teaspoon	lemon juice
1	package	(6 count) individual graham cracker tart shells	1	teaspoon	grated lemon peel
2	cups	fresh blueberries, divided			

- 1 In large bowl, beat cream cheese and brown sugar until smooth. Spread in tart shells.
- 2 In a small bowl, mash 3 tablespoons blueberries with sugar, lemon juice and peel. Add remaining berries and toss. Spoon into tarts. Chill for 1 hour. Yield: 6 servings.

Servings: 6

Cooking Times

Preparation Time: 10 minutes

Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	332
	% Daily Value
Total Fat 19g	29%
Saturated Fat 9g	45%
Cholesterol 42mg	14%
Sodium 259mg	11%
Total Carbohydrates 38g	13%
Fiber 2g	8%
Protein 4g	8%

Source

Source: Taste of Home 2012

Lemon Blueberry Bread

1/3 cup	butter, melted	1/2 cup	milk
1 cup	sugar	1 cup	fresh or frozen blueberries
3 tablespoons	lemon juice	1/2 cup	chopped nuts
2	eggs	2 tablespoons	grated lemon peel
1 1/2 cups	all-purpose flour		Glaze
1 teaspoon	baking powder	2 tablespoons	lemon juice
1/2 teaspoon	salt	1/4 cup	sugar

- 1 In a large bowl, beat the butter, sugar, lemon juice and eggs. Combine the flour, baking powder and salt; stir into egg mixture alternately with milk, beating well after each addition. Fold in the blueberries, nuts and lemon peel.
- 2 Transfer to a greased 8x4 inch loaf pan. Bake at 350°F for 60-70 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack.
- 3 Combine glaze ingredients; drizzle over warm bread. Cool completely.
- 4 Yield: 1 loaf (16 slices).

Servings: 16

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 1 hour

Total Time: 1 hour and 15 minutes

Nutrition Facts

Serving size: 1/16 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	181
	% Daily Value
Total Fat 7g	11%
Saturated Fat 3g	15%
Cholesterol 38mg	13%
Sodium 149mg	6%
Total Carbohydrates 27g	9%
Fiber 1g	4%
Protein 3g	6%

Source

Source: Taste of Home 2012

Lemon-Blueberry Cheesecake Bars

	Crust			
9	graham cracker rectangles	2	tablespoons	grated lemon peel
		1/4	cup	fresh lemon juice
2	tablespoons granulated sugar	1/2	cup	granulated sugar
1	teaspoon grated lemon peel	1 1/2	cups	fresh blueberries or frozen blueberries (thawed) (from 8-oz bag)
1/4	cup butter, melted			
	Filling			Streusel Topping
2	packages (8 ounces) each cream cheese, softened	1	cup	packed brown sugar
2	eggs	3/4	cup	all-purpose flour
		6	tablespoons	cold unsalted butter

- 1 Heat oven to 325°F. Spray 8 or 9 inch square pan with cooking spray.
- 2 In food processor, place graham crackers, 2 tablespoons granulated sugar and 1 teaspoon lemon peel. Cover; process with on and off pulses until crumbs form. Add melted butter. Cover; process with 3 to 4 pulses until incorporated. Press mixture evenly in bottom of pan. Bake 10 minutes. Cool.
- 3 Meanwhile, wipe food processor with paper towel. Add cream cheese, eggs, 2 tablespoons lemon peel, the lemon juice and 1/2 cup granulated sugar. Cover; process until smooth. Pour filling over crust. Top with blueberries.
- 4 In medium bowl, mix topping ingredients with fork or fingers until crumbly. Sprinkle over filling.
- 5 Bake 35 to 40 minutes or until topping is lightly browned and center is almost set (center should jiggle only slightly when moved). Cool 1 hour on cooling rack. Refrigerate about 2 hours or until chilled. Cut into 3 rows by 3 rows. Store in refrigerator.

Servings: 9

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 4 hours

Source

Source: Betty Crocker

Oatmeal Blueberry White Chocolate Cookies

1 1/2	cups	uncooked old-fashioned oats	2/3	cup	firmly-packed brown sugar
1 1/4	cups	all-purpose flour	2		eggs
1	teaspoon	baking soda	3/4	cup	dried blueberries
1/2	teaspoon	salt	1	cup	white baking chips
2/3	cup	butter, softened			

- 1 Heat oven to 375°F. Combine oats, flour, baking soda and salt in medium bowl; set aside.
- 2 Combine butter and brown sugar in large bowl; beat at medium speed until creamy. Add eggs; continue beating until well mixed. Reduce speed to low; add flour mixture. Beat until well mixed. Stir in blueberries and white baking chips.
- 3 Drop dough by tablespoonfuls onto ungreased cookie sheets; flatten slightly. Bake for 9-11 minutes or until edges are lightly browned. Cool 1 minute on cookie sheet; remove to wire cooling rack.

Servings: 42

Cooking Times

Preparation Time: 20 minutes

Total Time: 55 minutes

Nutrition Facts

Serving size: 1/42 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	100
% Daily Value	
Total Fat 4.5g	7%
Cholesterol 20mg	7%
Sodium 75mg	3%
Total Carbohydrates 12g	4%
Fiber 1g	4%
Protein 1g	2%

Tips

*Substitute your favorite dried fruit.

Source

Source: Land O'Lakes

Red, White and Blueberry Salad

2	packages	(3 ounces each) raspberry gelatin	3/4 to 1	cup	sugar
2	cups	boiling water, divided	1	package	(8 ounces) cream cheese, cubed
1 1/2	cups	cold water, divided	1/2	cup	chopped pecans
1	envelope	unflavored gelatin	1	teaspoon	vanilla extract
1	cup	half and half cream	1	can	(15 ounces) blueberries in syrup, undrained

- 1 In a large bowl, dissolve one package of raspberry gelatin in 1 cup boiling water. Stir in 1 cup cold water. Pour into a 13x9 inch dish; chill until set. In a small bowl, soften unflavored gelatin in the remaining cold water; set aside.
- 2 In a large saucepan, combine cream and sugar; whisk over medium heat until sugar is dissolved. Add cream cheese and softened unflavored gelatin; cook and stir until smooth. Cool. Stir in pecans and vanilla. Spoon over raspberry gelatin. Refrigerate until completely set.
- 3 In a large bowl, dissolve second package of raspberry gelatin in remaining boiling water. Stir in blueberries. Carefully spoon over cream cheese layer. Chill several hours or overnight. Yield: 12-16 servings

Servings: 12

Cooking Times

Preparation Time: 30 minutes

Source

Source: Taste of Home 2012

Sour Cream Blueberry Muffins

2 cups biscuit/baking mix
3/4 cup plus 2 tablespoons sugar, divided
2 eggs

1 cup (8 ounces) sour cream
1 cup fresh or frozen blueberries

- 1 In a large bowl, combine the biscuit mix and 3/4 cup sugar. In a small bowl, combine eggs and sour cream; stir into the dry ingredients just until combined. Fold in blueberries.
- 2 Fill greased muffin cups three-fourths full. Sprinkle with remaining sugar. Bake at 375° for 20-25 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Yield: 1 dozen.

Servings: 12

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Total Time: 35 minutes

Nutrition Facts

Serving size: 1/12 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
	% Daily Value
Calories	195
Total Fat 7g	11%
Saturated Fat 3g	15%
Cholesterol 48mg	16%
Sodium 272mg	11%
Total Carbohydrates 29g	10%
Fiber 1g	4%
Protein 3g	6%

Source

Source: Taste of Home 2012