Prepared By: Connie Bretz,
Family and Consumer Science Agent
Walnut Creek Extension District
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. Botanist 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 sources 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 = 3/4 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 and 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 cup (8 ounces) fat-free vanilla yogurt
6 ounces reduced-fat cream cheese, cubed
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.

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Source

Source: Taste of Home 2012

Best-Loved Blueberry Muffins

1 cup milk  2 teaspoons baking powder
1/2 cup butter, melted  1/2 teaspoon salt
1 egg, slightly beaten  1 cup fresh or frozen blueberries
2 cups all-purpose flour  Topping
1/3 cup sugar

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 22-226 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.

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 cup sugar
1 cup confectioners’ sugar
1 carton (16 ounces) frozen whipped topping, thawed
1 prepared angel food cake (8 to 10 ounces)
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.
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Nutrition information provided by the recipe author.

Source

Source: Taste of Home 2012

Blueberry Buckle

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

Topping

2 cups sugar
2/3 cup all-purpose flour
1/2 cup ground cinnamon
1/3 cup cold butter, cubed

1 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.
2 For topping, in a small bowl, combine the sugar, flour and cinnamon; cut in butter until crumbly. Sprinkle over blueberry mixture.
3 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.

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Source

Source: Taste of Home 2012

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**Blueberry Cheesecake Ice Cream**

1/2 cup sugar  
1 tablespoon cornstarch  
1/2 cup water  
1 1/4 cups fresh or frozen blueberries  
1 tablespoon lemon juice  
1/2 teaspoon ground cinnamon

**Graham Cracker Mixture**

2 1/2 cups graham cracker crumbs (about 36 squares)  
1/2 cup sugar  
1/2 cup butter, melted

**Ice cream**

1 1/2 cups sugar  
1 package (3.4 ounces) instant cheesecake or vanilla pudding mix  
2 cups heavy whipping cream  
2 cups milk  
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.

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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 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.  
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Nutrition information provided by the recipe author.

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  

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.
Blueberry Crisp

1 cup fresh or frozen blueberries, thawed
4 tablespoons sugar
2 teaspoons lemon juice
1 1/2 teaspoons cornstarch

Topping
2 tablespoons all-purpose flour
2 tablespoons quick cooking oats
2 tablespoons brown sugar
Dash ground cinnamon
2 tablespoons butter
2 tablespoons chopped pecans

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 topping 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.
### Blueberry Kuchen

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

1 In a bowl, combine the first six ingredients. Add the butter, milk, egg and vanilla. Beat for 2 minutes or until well blended.

2 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.

**Cooking Times**
- Preparation Time: 10 minutes
- Cooking Time: 40 minutes
- Total Time: 50 minutes

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**Source**

Source: Taste of Home 2012

### Blueberry Pound Cake

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

**Blueberry Sauce**

1 cup sugar  
1/4 cup cornstarch  
1/2 cup thawed cranberry juice concentrate  
6 cups fresh or frozen blueberries  

1 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.

2 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: Taste of Home

Blueberry Pretzel Dessert

1 1/2 cups crushed pretzels
1/2 cup sugar
1/2 cup butter, melted
1 package (8 ounces) cream cheese, softened

1 cup confectioners’ sugar
1 carton (8 ounces) frozen whipped topping, thawed
2 cans (21 ounces each) blueberry pie filling
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.

Source: Taste of Home 2012
Blueberry Pudding Cake

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

**Topping**  
3/4 cup sugar  
1 tablespoon cornstarch  
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.

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**Source**

Source: Taste of Home 2012

Blueberry Sauce

1/4 cup sugar  
1 teaspoon cornstarch  
Dash salt  
1/4 cup water  

1 cup fresh or frozen blueberries  
1 1/2 teaspoons lemon juice  
1/2 teaspoon grated lemon peel  
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.

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Source
Source: Taste of Home

Blueberry Slump

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.

Source
Source: Taste of Home 2012
Blueberry Sour Cream Coffee Cake

3/4 cup butter, softened
1 1/2 cups sugar
4 eggs
1 teaspoon vanilla extract
3 cups all-purpose flour
1 1/2 teaspoons baking powder
3/4 teaspoon baking soda
1/4 teaspoon salt
1 cup (8 ounces) sour cream

Filling
1/4 cup packed brown sugar
1 tablespoon all-purpose flour
1/2 teaspoon ground cinnamon
2 cups fresh or frozen blueberries

Glaze
1 cup confectioners' sugar
2-3 tablespoon 2% milk

1 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.
2 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.
3 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.

Source

Source: Taste of Home

Blueberry Sour Cream Pancakes

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

Pancakes
2 cups all-purpose flour
1/4 cup sugar

1 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.
2 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.

3 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.

Source

Source: Taste of Home 2012

Blueberry Swirl Cheesecake

1 1/2 cups fresh blueberries
1/4 cup sugar
1 tablespoon lemon juice
2 teaspoons cornstarch
1 tablespoon cold water

Crust
1 cup graham cracker crumbs (about 16 squares)
2 tablespoons sugar

Filling
2 tablespoons butter, melted
3 packages (8 ounces each) cream cheese, softened
1 cup sugar
1 cup (8 ounces) sour cream
2 tablespoons all-purpose flour
2 teaspoons vanilla extract
4 eggs, lightly beaten

1 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.

2 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.

3 In a large bowl, beat cream cheese and sugar until smooth. Eat 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.

4 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.


Servings: 12

Cooking Times
Blueberry Syrup

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

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

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.

Blueberry Upside-Down Cake

6 tablespoons butter, softened, divided
1/4 cup packed brown sugar
2 cups fresh blueberries
3/4 cup sugar
1 egg

1 teaspoon vanilla extract
1 1/4 cups cake flour
1 1/2 teaspoons baking powder
1/2 cup milk

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

Source

Source: Taste of Home 2012

Fresh Blueberry Tarts

1 In large bowl, beat cream cheese and brown sugar until smooth. Spread in tart shells. 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.

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Source

Source: Taste of Home 2012

Lemon Blueberry Bread

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

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Source

Source: Taste of Home 2012
Lemon-Blueberry Cheesecake Bars

### Crust
- 9 graham cracker rectangles
- 2 tablespoons granulated sugar
- 1 teaspoon grated lemon peel
- 1/4 cup butter, melted

### Filling
- 2 packages (8 ounces) each cream cheese, softened
- 2 eggs
- 2 tablespoons grated lemon peel
- 1/4 cup fresh lemon juice
- 1 1/2 cups granulated sugar
- 1 1/2 cups blueberries or frozen blueberries (thawed) (from 8-oz bag)

### Streusel Topping
- 1 cup packed brown sugar
- 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. 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: Betty Crocker

Oatmeal Blueberry White Chocolate Cookies

1 1/2 cups uncooked old-fashioned oats
1 1/4 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
2/3 cup butter, softened

2/3 cup firmly-packed brown sugar
2 eggs
3/4 cup dried blueberries
1 cup white baking chips

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.

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Tips

*Substitute your favorite dried fruit.

Source

Source: Land O'Lakes

Red, White and Blueberry Salad

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.

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.

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

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<td>1 egg</td>
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<td>1 cup (8 ounces) sour cream</td>
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<td>1 cup fresh or frozen blueberries</td>
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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.

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Source

Source: Taste of Home 2012