

BLUEBERRY RECIPES

Blueberry Muffins

from: How to Cook for Crohn's and Colitis

1 large egg
1/3 cup sugar
1/3 cup applesauce
1/4 cup milk or soy milk
2 tablespoons butter/canola blend, melted
1 teaspoon vanilla
2 cups unbleached all-purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
1 cup fresh blueberries

Preheat oven to 400 degrees. Line muffin pan with paper cups or coat with vegetable spray.

In a medium bowl whisk together egg, sugar, applesauce, milk, butter, and vanilla. Add flour, baking powder, and salt and stir just to combine (batter will be lumpy). You may want to add a few more tablespoons of milk to make sure everything is combined well. Fold in blueberries (if you decide to use frozen ones, do not thaw).

Fill muffin cups three-fourths full. Bake about 20 minutes, until toothpick inserted in center comes out clean. Remove from pan immediately and cool on wire rack.





Q: What do you get when a bunch of blueberries try to go through the door at the same time?

A: A blueberry jam!

A cup of blueberries is about 80 calories.

Blueberry are a great source of vitamin C, dietary fiber, and manganese.

Some blueberry substance have antioxidant properties.

Blueberries are great by themselves, with yogurt, ice cream, or in a parfait, or with some of your favorite breakfast cereals.

Michigan is a leader in blueberry production.

Blueberries are the second most popular berry is the US- strawberries are first.

(retrieved from: blueberries.msu.edu, foodreference.com)

Blueberry Heaven Smoothie Recipe

(serves 2)

1 cup blueberries (fresh or frozen)
7 oz vanilla yogurt
1 tablespoon lemon juice
2 tablespoons orange juice
1/2 teaspoon vanilla extract
1/2 cup ice

To make this quick free smoothie recipe just simply place the blueberries into your blender, followed by the lemon juice, orange juice, vanilla extract, yogurt and finally the ice. Blend on full power for around 30 seconds. Serve at once. Perfect for a hot summer day.

Blueberry Salsa

from: How to Cook for Crohns and Colitis

1 cup fresh blueberries
1 4-oz. can diced green chiles, drained
1 cup diced onion (about 1 medium onion)
1 tablespoon chopped fresh cilantro
1 tablespoon fresh lime juice
1 teaspoon lime zest (grated rind)
1/2 teaspoon salt
1/4 teaspoon cumin

Combine all ingredients in a medium-sized bowl and stir well to combine. Cover and chill at least 2 hours before serving.



Blueberry Pie

from: allrecipes.com

3/4 cup white sugar
3 tablespoons cornstarch
1/4 teaspoon salt
1/2 teaspoon ground cinnamon
4 cups fresh blueberries
1 recipe pastry for a 9 inch double crust pie
1 tablespoon butter

Preheat the oven to 425 degrees.

Mix sugar, cornstarch, salt, and cinnamon, and sprinkle over blueberries.

Line pie dish with one pie crust. Pour berry mixture into the crust, and dot with butter. Cut remaining pastry into 1/2 - 3/4 inch wide strips, and make lattice to crimp and flute edges.

Bake pie on lower shelf of oven for about 50 minutes, or until crust is golden brown.

Banana-Blueberry Buttermilk Bread

from: eatingwell.com

3/4 cup nonfat or low-fat buttermilk
3/4 packed light brown sugar
1/4 cup canola oil
2 large eggs
1 cup mashed ripe bananas (about 3 medium)
1 1/4 cups whole-wheat pastry flour
1 cup all-purpose flour
1 1/2 teaspoons baking powder
3/4 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon ground nutmeg
1 1/4 cups fresh blueberries

Preheat oven to 375 degrees. Coat a 9x5" loaf pan with cooking spray.

Whisk buttermilk, brown sugar, oil and eggs in a large bowl. Stir in mashed bananas.

Whisk whole-wheat pastry flour, all-purpose flour, baking powder, cinnamon, baking soda, salt and nutmeg in a medium bowl.

Fold the dry ingredients into the wet ingredients and stir until just combined. Fold in blueberries. Transfer the batter to the prepared pan.

Bake until the top is golden brown and a wooden skewer inserted in the center comes out clean, 50 to 60 minutes. Cool in the pan for 10 minutes, then turn out onto a wire rack. Let cool for about 2 hours before slicing.



Watermelon & Blueberry Ice Pops

from: eatingwell.com

3 3/4 cups chopped watermelon (remove seeds)
2 tablespoons lime juice
1-2 tablespoons sugar
1 cup fresh blueberries

Puree watermelon, lime juice and sugar to taste in a food processor or blender until smooth.

Divide blueberries among freezer-pop molds. Top with the watermelon mixture. Insert the sticks and freeze until completely firm, about 6 hours. Dip the molds briefly in hot water before unmolding.

Sandwich with Blueberry Mustard

1 tablespoon low-fat cream cheese
paprika
2 slices of your favorite bread
1/2 mini cucumber, sliced (about 1/4 cup)
2 lettuce leaves
2 ounces sliced ham, or whatever you prefer
2 tablespoons fig mustard (or orange mustard)
1/3 cup fresh blueberries

Stir together softened cream cheese and a pinch of paprika. Spread mixture on bread slice and top with lettuce, cucumber slices, ham, and remaining bread slice. Cut sandwich in half.

Mix mustard with blueberries in small bowl. Spoon onto the sandwich & enjoy.

Blueberry Cream Cheese Dessert

from: cooks.com

Crust:

1 cup chopped pecans
1/2 cup butter, melted
1 cup flour

Filling:

8 ounces cream cheese, softened
1 cup powdered sugar
8 ounces cool whip

Topping:

4 cups blueberries, fresh
1 cup sugar, divided
3 tablespoons cornstarch
1/4 cup water

Combine crust ingredients; spread in a 9x13 inch pan and cook for 15 minutes at 350 degrees. Cool.

Cream together the cream cheese and powdered sugar. Fold in cool whip.

Spread over cooled crust.

Combine 1/2 cup sugar and cornstarch in a saucepan. Add water then 2 cups of the blueberries. Cook over medium heat, stirring constantly, until thickened and translucent. Crush some of the blueberries as they cook.

Remove from heat and add remaining sugar and blueberries.

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