

## GOOD HEALTH NEWS About the Blues

Luscious, sweet blueberries are jam-packed with health benefits. Blueberries rank high in antioxidants that help protect us from heart disease and some cancers, by helping to neutralize free radicals, the harmful byproducts of metabolism.

Ongoing research of blueberries' health benefits continues to show promising results. Studies with laboratory animals suggest that eating blueberries might slow age-related losses in mental capacity. Preliminary studies have also shown that blueberries promote urinary tract health and reduce the risk of infection.

Just one-half cup of blueberries helps meet the recommended goal of 5 to 9 servings a day of fruits and veggies. Choose from each of the five color groups to get the most health benefits. Blueberries are a proud member of the Blue/Purple Group.

Eat Your Colors Every Day  
To Stay Healthy & Fit.



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For more blueberry recipes and information on blueberries and health, visit our website at [www.usshbc.org](http://www.usshbc.org).

### Homemade Blueberry Jam

Here's all the flavor of old-fashioned jam without the bother of boiling jars and processing the finished product. Our three variations bring a new twist to the classic spread.

6-1/2 cups fresh blueberries, coarsely chopped  
(about 5 pints whole blueberries)\*  
1 package (1.75 ounces) granulated fruit pectin for lower sugar recipes  
4-1/2 cups sugar, divided

In a large saucepan, combine blueberries and 1/2 cup water. In a small bowl, stir together pectin and 1/4 cup of the sugar. Stir pectin mixture into blueberries. Over high heat, stirring constantly, bring mixture to a rolling boil. Add the remaining 4-1/4 cups sugar all at once to the blueberry mixture; return to a rolling boil. Boil exactly 1 minute, stirring constantly; remove from heat; skim off any foam; set aside until cool enough to handle, about 30 minutes. Transfer to 1-cup freezer containers, filling to about 1/2 inch from the top; continue to cool at room temperature until jam has set; cover and freeze. Thaw to serve; store any leftover jam in the refrigerator.

YIELD: about 9 cups

\* Place whole blueberries in a food processor container; pulse until coarsely chopped. Or, place blueberries in a bowl; crush with a potato masher or pastry blender.

#### VARIATIONS:

**Blueberry-Ginger Jam:** Stir 1 tablespoon ground ginger into sugar; proceed as directed above.

**Blueberry-Cinnamon Jam:** Add a cinnamon stick to the fruit mixture before boiling; remove before transferring to freezer containers.

**Blueberry-Orange Jam:** After boiling blueberry mixture, stir in 2 teaspoons finely grated orange rind.



### Blueberry Cobbler

Perfect for a weekend breakfast or satisfying dessert on a busy night, this four-ingredient recipe couldn't be easier. If you have a young baker or two in the house, just hand them the recipe.

4 cups fresh or frozen\* blueberries  
1/4 cup sugar  
2 tablespoons cornstarch  
1 can (12.4 ounces) refrigerated cinnamon buns

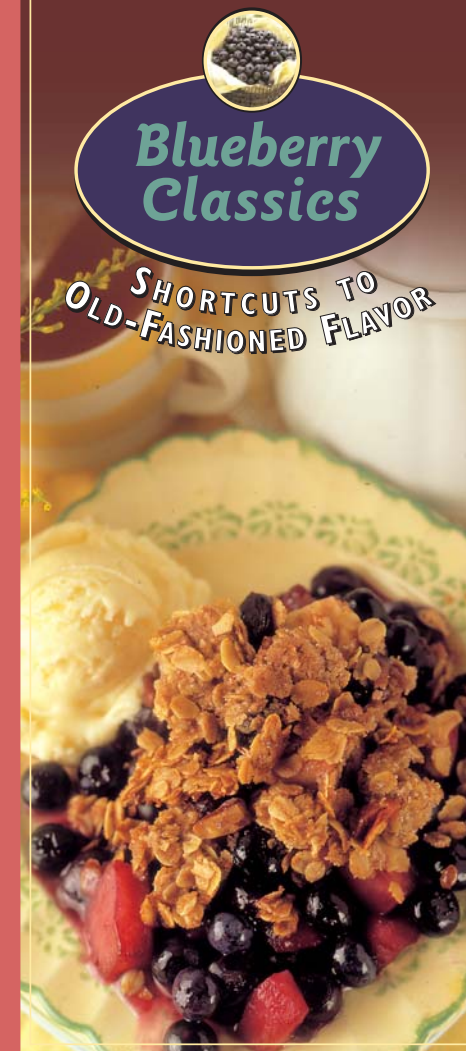
Preheat oven to 375°F. Lightly grease a round 1-1/2 quart (8 x 3 inch) baking dish. In the baking dish, combine blueberries, sugar and cornstarch. Separate rolls and arrange, cinnamon-sugar side down, over the berries. Bake until the rolls are golden and blueberries bubble, 25 to 30 minutes. If the rolls start to brown too quickly, cover loosely with aluminum foil. Drizzle with the prepared frosting that comes with the rolls. Serve warm.

\*If using frozen blueberries, warm to room temperature in a saucepan or microwave oven.

YIELD: 8 portions


### A BOWLFUL OF BLUEBERRY IDEAS

- Top a melon wedge with a scoop of cottage cheese and a sprinkle of blueberries—fresh, thawed frozen or canned—for a special breakfast or lunch.
- Toss fresh or dried blueberries with your favorite vinaigrette dressing and serve over baby greens.
- Combine sweetened ricotta cheese with fresh or canned blueberries and spoon into prepared graham cracker tart shells or freshly baked puff pastry tarts.
- Polka-dot a prepared, vanilla-frosted cake with fresh blueberries.
- Stir apricot preserves until smooth, and add some fresh or partially thawed frozen blueberries. Spoon the mixture over quartered muffins, and finish with a dollop of whipped cream.
- Toss fresh, thawed frozen or canned blueberries with a fruit-flavored liqueur or fruit juice and serve over sorbet or ice cream.
- Freeze fresh or frozen blueberries in ice cubes to serve in lemonade or fruit punch.
- Skewer fresh blueberries on swizzle sticks to enliven cocktails or glasses of champagne.
- Add dried blueberries to your favorite muffin or oatmeal cookie recipe.



## Blueberry Favorites

### MADE SIMPLER



As delicious as a bowl of fresh blueberries can be, there are times when nothing satisfies like a bite of blueberry cheesecake, a slice of fresh blueberry pie or a scoop of warm cobbler or crisp. If you think you don't have the time to make these comforting classics, take a look at these recipes. New times require new strategies, and our updated blueberry classics are designed to fit into busy schedules in a most delicious way. And there's no need to wait for summer to enjoy blueberries; they're available year round—fresh, frozen, canned or dried. Trying to eat healthier these days? A cup of blueberries adds up to just 80 calories! Blueberries are not only fat free, but high in disease-fighting antioxidants. Who'd ever guess that something so delicious could be good for you?



### Individual Blueberry Cheesecakes

This quick recipe makes a dozen creamy little treats. For a version with fewer calories—and only half the fat—use the reduced-fat ingredients. It's equally delicious, though slightly softer in texture.

- 14 vanilla wafers
- 1 package (8 ounces) regular cream cheese or Neufchâtel (1/3 less fat), softened
- 1 can (14 ounces) regular or fat-free sweetened condensed milk
- 1/2 cup lemon juice
- 1-1/4 cups fresh blueberries

Place cupcake liners in 12 (3-inch) muffin pan cups. Place 1 vanilla wafer in each cup; into a small bowl, crumble the remaining 2 wafers; set aside. In a mixing bowl, with an electric mixer, beat cream cheese until smooth. Gradually beat in condensed milk. Add lemon juice, stirring until mixture starts to thicken. Set aside 12 large blueberries; fold the remaining berries into cream cheese mixture. Spoon mixture into cupcake liners. Top each with some of the reserved crumbs and a large blueberry. Cover loosely with waxed paper; refrigerate in the muffin pan until firm, 1 to 2 hours, before serving.

YIELD: 12 portions

### Blueberry Buckle

No time for sifting and measuring? This simple blueberry coffee cake, known as a buckle, can be mixed up in a hurry.

- 1 package (1 pound 1.5 ounces) sugar cookie mix
- 2 teaspoons ground cinnamon
- 1/4 cup butter, melted
- 2/3 cup plain low-fat yogurt (one 6-ounce container)
- 1 large egg, lightly beaten
- 2 cups fresh or frozen blueberries\*

Preheat oven to 350°F. Lightly grease a 9-inch square baking pan. In a medium-sized bowl, combine cookie mix and cinnamon; stir in butter until crumbly. Remove 1 cup of the crumbs; set aside. Add yogurt and egg to remaining mix in the bowl; stir just until soft dough forms; transfer to the greased pan. Top with blueberries, scatter reserved crumbs over the berries. Bake until center springs back when gently pressed and crumbs are light gold, 30 to 35 minutes; do not overbake. Cool slightly; cut in 12 rectangles and serve warm.

YIELD: 12 portions

\*If using frozen berries, warm to room temperature in saucepan or microwave and drain.

### Quick Blueberry-Peach Crisp

You can assemble this instant take on the classic baked dessert in less than 10 minutes. Choose the fat-free granola and you've got a dessert that's virtually fat-free.

- 2 cups fresh, frozen or drained canned blueberries
- 2 cups peeled, diced peaches or nectarines
- 2 teaspoons cornstarch
- 2 tablespoons firmly packed brown sugar
- 1 cup regular or fat-free granola without raisins

In a small, heavy saucepan, combine blueberries, peaches and 2 tablespoons water; cover and cook over medium-low heat until blueberries begin to burst, 3 to 5 minutes. In a cup, combine cornstarch and 2 tablespoons water; stir into blueberry mixture along with brown sugar. Cook, stirring occasionally, until thickened, 2 to 3 minutes. Spoon blueberry-peach mixture into 4 dessert bowls or plates, dividing equally; sprinkle with granola. Serve warm with frozen yogurt or ice cream, if desired.

YIELD: 4 to 6 portions

### Double Blueberry Pie

Fresh blueberries never see the oven in this spectacular pie. Once the pie shell is baked, you'll have the finished pie in the refrigerator in moments.

- 1 jar (10 ounces) blueberry all-fruit spread
- 1/4 teaspoon ground cinnamon
- 4 cups fresh blueberries
- 1 frozen or homemade 9-inch pie shell, baked
- Sweetened whipped cream or vanilla ice cream

In a small saucepan or microwavable bowl, combine fruit spread and cinnamon. Warm over low heat for 2 or 3 minutes stirring constantly, or microwave on high about 1 minute, just until liquefied. In a large bowl, combine berries and fruit spread mixture; spoon into the baked pie shell. Cover loosely with waxed paper and chill 1 to 2 hours. Serve with whipped cream or vanilla ice cream.

YIELD: 6 portions

