

# WHAT'S FRESH

# Blueberries

These delicious and healthy berries add a pop of color and sweetness to your day whether you find them fresh or frozen!

## 6 sweet ways to enjoy blueberries:

Wait until before cooking, eating or freezing your berries to rinse and dry them to preserve their shelf life. Compost any stems, discolored or mushy berries.



### 1. In a salad

Fresh blueberries add a fun and colorful twist to both tossed greens and classic chicken salad!



### 3. As a marinade

Simmer then mash blueberries to release their color and flavor, then mix with acid, oil and seasonings to make an overnight marinade for roasted meats and fish.



### 5. In a salad dressing

Combine blueberry sauce (see recipe on the right) with vinegar, oil and other desired seasonings, then toss with savory and sweet salads.



### 2. In a smoothie

Use frozen blueberries to add color, fiber and powerful antioxidants to your basic smoothie.



### 4. As a syrup

Heat a basic blueberry sauce (see recipe on the right) and add water or juice until desired thickness is reached. Pour over pancakes or frozen yogurt!



### 6. With yogurt or oatmeal

Take your basic morning yogurt or oatmeal to the next level with fresh or frozen blueberries. Blueberry sauce works too!

## Quick Tips:

- Store your fresh blueberries in the fridge, in a drawer.
- Fresh blueberries tend to keep for 1 to 2 weeks, but freezing them extends their shelf life up to 1 year.

## Blueberry sauces:

**Blueberry sauce** is delicious all by itself and very versatile. Use it for both sweet and savory recipes!

### You'll need:

**Blueberries** - 4 cups

**Orange Juice** -  $\frac{1}{2}$  cup

**Cornstarch** - 1 tablespoon

**Sugar** -  $\frac{1}{4}$  cup

**Water** - 2 tablespoons

**1.** Combine blueberries, sugar and orange juice in a large pan over medium heat. Stir frequently until well combined.

**2.** When blueberries get soft, reduce heat to a simmer, and mash blueberries with the back of a spoon or measuring cup. Cook and let reduce for 5 more minutes.

**3.** Dissolve cornstarch in water, and then stir into pan. Blueberry mixture will thicken to a texture of loose jam.

**4.** Remove from heat and let cool. This recipe makes around 2 cups and can be stored in the fridge for up to a week. Use sauce as a spread for toast, a topping for pancakes, oatmeal, and yogurt, or as a base for the dressings and marinades below.

### **Blueberry-Balsamic Vinaigrette:**

1 tsp blueberry sauce + 1 tsp olive oil + 2 tsp balsamic vinegar.

**Tangy Blueberry Dressing:** 1 tsp blueberry sauce + 1 tsp olive oil + 1 tsp cider vinegar



# Blueberry Walnut Crisp

SERVES  
8

## Directions:

1. Preheat oven to 350°F.
2. Rinse fresh blueberries. If using frozen blueberries, thaw fruit for less blueberry texture or use frozen for more blueberry texture in finished crisp.
3. In a large bowl, combine blueberries, 1/4 cup brown sugar, 1 tbsp flour, cinnamon and optional nutmeg. Mix well.
4. Spray baking dish with non-stick cooking spray.
5. Pour blueberry mixture into baking dish and spread evenly.
6. Dice cold butter into small cubes. In a medium bowl, combine remaining 1/2 cup brown sugar and 1/2 cup flour, oats and butter cubes. Mix with hands until crumbly; mashing butter into oats and flour.
7. Spread oat mixture over blueberry mixture in baking dish. Sprinkle walnuts evenly over oat mixture. Bake uncovered on middle rack for 40 minutes, or until top of crisp is lightly browned and bubbly.
8. Let cool for 15-20 minutes before serving. Enjoy!

## Ingredients

**Blueberries** - 6 cups  
[fresh or frozen]  
**Whole Wheat Flour** - 1/2 cup  
**Brown Sugar** - 3/4 cup  
**Ground Cinnamon** - 1/2 teaspoon  
**Ground Nutmeg** - 1/4 teaspoon  
**Quick Oats** - 1 cup  
**Walnuts** - 1 cup  
**Unsalted Butter** - 1/2 stick  
**Non-Stick Cooking Spray**

Feel free to substitute blueberries for another fresh or frozen fruit, or walnuts for another tree nut or seed. E.g. sliced apple crisp with pecan topping. Get creative!



# Double-Blueberry Pancakes

SERVES  
4

## [Blueberry Pancakes with Blueberry Syrup]

## Directions:

1. In a large mixing bowl, stir together flour, sugar, baking powder and baking soda.
2. Whisk in milk, eggs and melted butter just until combined. Add more milk if necessary to thin out the batter.
3. Spray with nonstick spray and preheat a flat griddle or skillet over medium-high heat.
4. Scoop 1/4 cup of pancake batter onto griddle. Sprinkle top of pancake with 2-3 tbsp of fresh or thawed frozen blueberries. Let pancakes cook for 1-2 minutes or until bubbles form before flipping.
5. Cook other side until golden brown. Serve hot with Blueberry Syrup: Add prepared Blueberry Sauce and 1-2 tbsp of warm water or juice in a small bowl. Stir well to combine and add more liquid until you reach your desired syrup thickness. Heat in microwave for 10-20 seconds for a warm syrup.

**Optional:** Serve pancakes with additional fresh blueberries or another fresh fruit for an extra layer of fiber and fun!

These pancakes are delicious with regular maple syrup or another fruity syrup, or all by themselves! You may substitute buttermilk for milk in this recipe [or make your own buttermilk by mixing 1 cup of milk with 1 tbsp of vinegar] for fluffier, tangier pancakes.

