

Enjoy Blueberries-Superfood with plenty of antioxidants!!

To freeze: wash blueberries in a colander or strainer; lay on dry paper towel on cookie sheet with sides; place in freezer; once frozen, store in ziploc bag!

Fruit Kebabs with Blueberry Dip

3 cups fresh blueberries, divided

1/3 cup light cream cheese

2 Tablespoons apricot or other preserves

2 cups watermelon or pineapple

2 apples, cored, cut into pieces

Blend 2 cups of blueberries in food processor with cream cheese and preserves until smooth. Remove to a serving bowl, cover and refrigerate until serving. On 10-inch skewers, alternate remaining blueberries with watermelon and apples. Enjoy!

Blueberry Cobbler

1/2 cup milk

pinch salt

1/2 cup sugar

1 cup flour

2 tsp. baking powder

2 TBSP Butter

1/4 tsp. vanilla or almond flavoring

1 cup each sugar, berries, boiling water

Butter 8 x 8 baking dish. Pour in batter, then, pour in: 1 cup fruit, 1 cup sugar, 1 cup boiling water. Bake 45 minutes to 1 hour at 375 degrees until batter cooked through, slightly golden.

Blue Wave Smoothie

2 cups thawed, frozen blueberries

8 oz. lowfat vanilla yogurt

1-6 oz. can unsweetened pineapple juice

3 Tablespoons of honey

1 1/2 cups ice cubes

Combine blueberries, yogurt, pineapple juice and honey in blender until smooth; add ice cubes, a few at a time, until finely crushed. Serve immediately.

****Check out Choose My Plate.org for other blueberry recipes!!**