

Blueberry Almond Whole Grain Muffins

What could be better than a blueberry muffin? Answer: These delicious and whole grain blueberry muffins! I found that these also taste really good the next day, unlike some muffins which need to be eaten the day they are made. White whole wheat flour is available in local grocery stores (look in the specialty foods section), or by mail order. It has all of the beneficial nutrients of regular whole wheat. It is made from a different variety of wheat that is lighter in color and milder in flavor.

6 Tablespoons (3/4 of a stick) butter, softened
3/4 cup sugar
2 large eggs
2 cups white whole wheat flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup 1% milk
2 teaspoons vanilla
1/2 teaspoon almond extract
1 pint blueberries, fresh or frozen (about 1 1/2 to 2 cups)
Topping: 2 teaspoons sugar, 2 Tablespoons sliced almonds

Method: Preheat oven to 375 degrees F. Grease 12 muffin cups or line with paper baking cups.

In a large mixing bowl, cream together the butter and sugar until light and fluffy. Add the eggs, one at a time, beating well after each addition. In a separate bowl, whisk together the flour, baking powder, and salt. Add the dry ingredients to the creamed mixture, mixing well. Stir in the milk and vanilla, mixing only until smooth. Gently fold in the berries. Fill muffin cups 3/4 full, using all of the batter. Sprinkle with the sliced almonds and sugar. Bake for about 25 minutes or until golden brown. Cool in pan on a rack for about 10 minutes and then more to a rack to cool completely. Recipe from King Arthur Flour. Nutrition Information per muffin: 210 calories, 8 gm fat, 4 gm sat. fat, 45 mg. cholesterol, 230 mg. sodium, 32 gm carbs, 3 gm dietary fiber, and 5 gm protein.

Watermelon and Blueberry Salad

This beautiful salad is easy to prepare and serve. It would be perfect for the 4th of July, or any other time!

¼ cup sugar

¼ cup water

3 mint sprigs, plus additional for garnish

1 lemon, zest and juice

1/8 teaspoon salt

2 cups fresh blueberries, washed

3 cups cubed seeded watermelon

Method: In a small saucepan, bring the sugar and water to a boil. Remove from heat and add 3 mint sprigs and let steep for 10 minutes. Then, remove and discard the mint sprigs. Add the zest and juice from one lemon, a pinch of salt, and let cool. Combine with the blueberries and watermelon. Garnish with additional mint sprigs if desired. Let stand 15 minutes before serving. Makes 6 servings. Nutrition information per serving: 80 calories, 0 fat, 0 cholesterol, 55 mg. sodium, 23 gm carbs, 2 gm fiber, 1 gm protein. Recipe from Food Network Magazine.

Blueberry Sauce for Pancakes or Waffles

Try this delicious blueberry sauce served warm instead of syrup on your next batch of pancakes or waffles. It is delicious! You can also serve it over ice cream or cake for a wonderful dessert. Store in refrigerator, and warm it in the microwave before using.

2 cups fresh or frozen blueberries

¼ cup water

1 cup orange juice

¾ cup white sugar

¼ cup cold water

2 tablespoons cornstarch

½ teaspoon almond extract

1/8 teaspoon ground cinnamon

Method: In a saucepan over medium heat, combine the blueberries, ¼ cup of water, the orange juice and the sugar. Stir gently and bring to a boil. In a small cup, combine the cornstarch and the cold water until no lumps remain. Stir this mixture gently into the blueberries and simmer until thickened and clear, about 3 to 4 minutes. Be careful – it can splatter! Remove from heat and add almond extract and cinnamon. Serve warm over pancakes or waffles. Makes about 3 cups. Nutrition information per 1/3 cup serving: 100 calories, 0 fat, 0 cholesterol, 0 sodium, 26 gm carbs, 1 gm fiber, and 0 protein.

Recipe adapted from allrecipes.com

Blueberry Fool

A “fool” is an old-fashioned dessert which originated in England. It is made of cooked fruit, which is folded into whipped cream. Gooseberries were often used. This updated version is far more healthful! The blueberry sauce makes about 1 ¼ cups and can also be used in other ways, such as a topping for cake, etc.

2 cups fresh blueberries

¼ cup sugar

Pinch of salt

½ teaspoon grated lemon zest

1 and ½ teaspoons fresh lemon juice

Vanilla Greek or other yogurt, about ¾ cup or 6 oz. (one carton) per serving

Method: In a saucepan, combine blueberries, sugar and the salt. Cook and stir over medium heat until the sugar melts and the blueberries soften, about 5 minutes. Stir in lemon zest and lemon juice. Remove from heat and cool to room temperature.

To make individual blueberry fools, layer the vanilla yogurt and some blueberry sauce, using about ¼ cup for each serving, in pretty glasses. Swirl together if you like, and top with a little more blueberry sauce. Makes 5 servings. Nutrition information per serving: 160 calories, 0 fat, 0 cholesterol 125 mg. sodium, 26 gm carbs, 1 gm fiber, and 15 gm protein. Recipe adapted from Food Network Magazine.

Spinach and Blueberry Salad

This colorful salad can be made all year round, but is especially delicious when fresh summer blueberries are available! Other greens can also be used instead of the spinach if you prefer. This salad is a powerhouse of good nutrition!!

1 bag of baby spinach
1 small red onion, thinly sliced
½ cup walnuts, toasted
1 cup fresh blueberries
1 package (4 oz.) crumbled feta cheese

Dressing:

1/3 cup extra virgin olive oil
2-3 tablespoons balsamic vinegar
¼ teaspoon kosher salt
Freshly ground black pepper to taste

Method: Divide the spinach among 4 plates. Top evenly with the onion slices, nuts, berries and feta cheese. Combine the dressing ingredients in a small bowl, and drizzle evenly over each salad. Makes 4 servings. Nutrition information per serving: 260 calories, 23 gm fat, 10 mg. cholesterol, 290 mg. sodium, 10 gm carbs, 3 gm fiber, and 7 grams protein. Recipe from Penzey's Spices.