



Contact: Kathy Blake
Lewis & Neale for the
U.S. Highbush Blueberry Council
Phone: 646-218-6019
kathy@lewis-neale.com

Spring/Summer 2011

Blueberries Put the m-m-m Back in Summer

Yes! It's summer and blueberry season is here! Blueberries are little blue dynamos ready to bounce into so many summer desserts, adding their flavor, color and zip. With a stash of fresh blueberries in the fridge, you're all set to make easy-breezy desserts that require no baking and virtually no time in the kitchen. These desserts all clock in at under 250 calories per serving, so you can say "m-m-m" more often!

All the flavor and pleasure of fresh blueberry pie can be made in minutes. **Individual Blueberry Pies** (photo) are prepared with just a flick of the wrist and a few seconds in the microwave. Simply melt jam, stir in blueberries and spoon into prepared mini-pie shells then chill. Top off each pie with a few almond slices just before serving, and that's it. The pies are sized for individual servings and make a fruit-filled finish for casual meals with family or friends.

On those summer days when only a refreshing frozen dessert or snack will do, you can be ready with a combo of the juicy flavors of blueberries and lime in **Frozen Blueberry-Lime Squares** (photo). A time saving bonus: layer graham crackers in the pan to create the crust. No crushing, mixing or patting crumbs into the pan! Then just cover the

-more-

crackers with the creamy blueberry-lime mixture and pop into the freezer. **Blueberry-Pineapple Salsa** is a super simple side for the squares, adding a blast of fresh fruit flavor. The salsa is just as good served with other desserts. Try it on vanilla frozen yogurt or coconut sorbet.

For a double whammy of chocolate plus a burst of fresh blueberries in every bite, go to **Blueberry Chocolate Mousse Tarts** (photo). A quick trick in this recipe melts unflavored gelatin in the microwave to easily blend with the other ingredients, giving you a perfectly fluffy mousse texture. The individual tarts—blueberry-chocolate mousse over chocolate wafers—are made in silicone or paper cupcake liners and can be served at a casual cookout, or garnished with whipped cream and shaved chocolate, they're dressed up to serve at a baby shower or book club.

Little blue dynamos pack a punch of versatility, flavor and health benefits. The USDA recommends adults eat two cups of fruit a day – all year round. Blueberries can help you fulfill that recommendation. A one-cup serving of blueberries has just 80 calories and is a good source of dietary fiber, vitamin C and manganese. They also contain antioxidants thought to help reduce the risk of chronic diseases. *

For more information, recipes and more, visit www.littlebluedynamos.com.

** Wu, X. et al. J Food Composition and Analysis 2004, 17: 407-422.*

INDIVIDUAL BLUEBERRY PIES



- 1/4 cup peach preserves *
- 2 cups fresh blueberries
- 6 mini graham cracker pie crusts (one 4-ounce package)
- 2 tablespoons sliced natural almonds

In a microwaveable bowl, stir preserves with 1 tablespoon water. Microwave on high until preserves melt, about 30 seconds. Stir in blueberries; return to microwave and cook 45 seconds; stir and cook 30 to 45 seconds longer until blueberries are hot but not bursting. Spoon blueberry mixture into pie crusts; chill until set, about 1 hour; sprinkle each pie with 3 or 4 almond slices just before serving. (Recipe can be easily doubled.)

YIELD: 6 portions

* If peach preserves are not available, substitute apricot preserves or blueberry jam.

Nutrition per portion: 193 calories; 6g fat; 1g saturated fat; 125mg sodium; 32g carbohydrate; 2g fiber; 2g protein

Photo #: BC-58

-more-

FROZEN BLUEBERRY-LIME SQUARES



7 graham cracker squares

2 cups fresh blueberries

4 ounces reduced-fat cream cheese, softened

1 can (14 ounces) fat-free sweetened condensed milk

1/2 cup lime juice

2 teaspoons lime zest

Blueberry-Pineapple Salsa (recipe below)

Lightly oil a 9-inch square pan. Cover the bottom of the pan with graham crackers in a single layer, breaking pieces to fit. In blender, puree blueberries, cream cheese and sweetened condensed milk until smooth; add lime juice and zest; blend well. Spoon blueberry mixture onto the graham crackers and spread evenly. Cover and freeze until solid, about 2 hours. To serve, remove from freezer and leave at room temperature until edges soften, about 10 minutes. Cut into 9 squares; serve on dessert plates with Blueberry-Pineapple Salsa. (Return any unused squares to the pan, cover tightly and freeze.)

YIELD: 9 portions

Nutrition per portion including ¼ cup salsa: 224 calories; 2.5g total fat; 1g saturated fat; 132mg sodium; 46g carbohydrate; 2g fiber; 5g protein

-more-

BLUEBERRY-PINEAPPLE SALSA

- 1-1/2 cups fresh blueberries
- 1 cup chopped fresh pineapple
- 3 tablespoons chopped fresh mint
- 2 tablespoons lime juice
- 1 tablespoon brown sugar

In a bowl, toss together blueberries, pineapple, mint, lime juice and brown sugar. Cover and chill until serving time.

YIELD: 2-1/2 cups

Photo #: BC-59

-more-

BLUEBERRY-CHOCOLATE MOUSSE TARTS



1 cup half-and-half, divided

1-1/4 teaspoons unflavored gelatin

1/2 cup semi-sweet chocolate chips

6 (2-1/2-inch) round chocolate wafers

1 cup fresh blueberries

In a large microwaveable bowl, place 1/3-cup half-and-half. Sprinkle gelatin over and stir to mix; set aside to allow gelatin to soften for 5 minutes; microwave on high until bubbles appear, 30 to 60 seconds. Add chocolate chips and stir until smooth then stir in remaining half-and-half. Cover and refrigerate until the mixture starts to set, 20 to 30 minutes. Meanwhile, line 6 muffin cups with paper or silicone cupcake liners; place a chocolate wafer in each, crush to fit; set aside. With an electric mixer, beat the chocolate mixture until smooth and fluffy. Fold blueberries into mousse; spoon into cupcake papers; cover loosely and chill until firm, about 2 hours. (Recipe can easily be doubled.)

YIELD: 6 portions

Nutrition per portion: 163 calories; 10g fat; 6g saturated fat; 65mg sodium; 19g carbohydrate; 2g fiber; 3g protein

Photo #: BC-57

###

Recipe developed by Lewis & Neale for the U.S. Highbush Blueberry Council