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## **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

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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](http://www.littlebluedynamos.com).

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

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## 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

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## 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

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## **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

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## 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

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