

BLUEBERRY FRENCH TOAST FOR COZY MORNINGS

On days when the sky is gray and cold winds blow, brighten the morning with the comforting flavors of “Blueberry-Stuffed French Toast”. The recipe is super fast and easy to make with a few convenient ingredients that go together to create a warm, cozy breakfast or brunch entrée.

You’ll find fresh blueberries in the produce aisle of your supermarket right now. They come to us directly from South America, where the climate is perfect for growing blueberries while it’s winter here in the northern hemisphere. This year, expect to see more fresh winter blueberries than ever—and excellent quality—thanks to ideal weather conditions in Chile.

When you have fresh blueberries in the fridge, they’re easy to add to breakfast every day—sprinkle on hot or cold cereals, whirl in smoothies, and stir into yogurt.

Fresh blueberries add much more to winter breakfasts than a cheerful reminder of blue summer skies! A whole cup of blueberries has just 80 calories and provides fiber, vitamin C and manganese our bodies need. The USDA recommends adults consume 2 cups of fruit every day of the year, and the recommendation for children ages 4 to 8 is 1 to 1-1/2 cups of fruit—and blueberries contribute to that daily total. For bushels of blueberry information and recipes for snacks, breakfast, dessert and more, go to www.blueberrycouncil.org.



BLUEBERRY FRENCH TOAST SANDWICH

1 package (3 ounces) cream cheese, softened

1-1/2 tablespoons confectioners' sugar

1 package (about 12 ounces) frozen French toast (6 slices)

3/4 cup fresh blueberries

In bowl, stir together cream cheese and confectioners' sugar. Heat French toast as package directs. Spread cream cheese mixture on French toast slices. Spoon blueberries over cream cheese on 3 slices; cover with remaining slices. To serve: Place sandwiches on plates; cut diagonally. Garnish with additional blueberries and confectioners' sugar. This recipe may be doubled.

YIELD: 3 servings

*Available in frozen food section of supermarket