



Although berries can be cooked, baked, canned, and frozen, it's hard to beat fresh berries served simply as a topping on cereal, cake, or ice cream.

Combine berries—red raspberries, black raspberries, and blue berries make a tasty trio on top of custard.

## Fresh Picked Blueberry Recipes

July produces an abundance of gorgeous blueberries.

It's the season when you want to take advantage of fresh berries. Here are some favorites from our readers to use both fresh and frozen.

### BEST LOVED BLUEBERRY MUFFINS

1 cup milk  
 ½ cup butter, melted  
 1 egg, slightly beaten  
 2 cups flour  
 ½ cup sugar  
 1 tablespoon baking powder  
 1 teaspoon salt  
 1 cup fresh or frozen blueberries

Topping:  
 ½ cup butter, melted  
 ¼ cup sugar

Heat oven to 400 degrees. In large bowl, combine milk, butter, and egg. Add all remaining muffin ingredients except blueberries. Stir just until flour is moistened. Gently stir in blueberries.

Spoon into greased 12-cup muffin pan. Bake for 24 to 28 minutes or until golden brown. Cool slightly; remove from pan.

Dip tops of muffins in melted butter, then in sugar.

1 dozen.

Calories 240; 4 g protein; 29 g carbohydrate, 13 g fat; 50 mg cholesterol; and 430 mg sodium.

Land O Lakes

### BLUEBERRY PIZZA

1½ cups flour  
 2 tablespoons sugar  
 1 cup chopped pecans  
 ¾ cup butter, melted  
 8-ounces cream cheese, softened  
 2 cups sifted confectioners' sugar  
 8-ounces frozen whipped cream topping, thawed  
 4 to 6 cups fresh or frozen blueberries, thawed, divided  
 ¾ cup sugar  
 2 tablespoons cornstarch  
 2 tablespoons water

Combine flour, sugar, and pecans, add butter, stirring until well blended. Spread onto a 12-inch pizza pan. Bake at 375 degrees for 10-12 minutes or until lightly browned. Cool crust in a pan on a wire rack.

Beat cream cheese at medium speed until creamy. Gradually add powdered sugar. Beat until smooth. Fold in whipped topping. Spread over cooled crust.

Mash 2 cups blueberries in a medium saucepan; stir in ¾ cup sugar. Bring to a boil over medium heat, and boil 2 minutes.

Whisk together cornstarch and water; stir into blueberry mixture. Return to a boil, stirring constantly; boil 1 minute. Cool.

Spread over cream cheese mixture; top with additional blueberries.

Donna Morrison  
 Dalmatia

### BLUEBERRY MARMALADE

1 medium orange  
 1 lemon  
 ¼ cup water  
 ¼ teaspoon baking soda  
 4 cups fresh blueberries, crushed  
 5 cups sugar  
 6-ounce package liquid fruit pectin

Peel orange and lemon; finely chop rind and place in a Dutch oven. Chop orange and lemon pulp, and set aside. Add water and baking soda to rind; bring to a boil. Reduce heat, and simmer 10 minutes, stirring occasionally.

Add chopped orange and lemon pulp, blueberries, and sugar; return to a boil. Reduce heat, and simmer 5 minutes. Remove from heat, and cool 5 minutes.

Add pectin; return to a boil. Boil 1 minute, stirring constantly, remove from heat, and skim off foam with a metal spoon.

Pour into hot, sterilized jars, filling to ¼ -inch from top; wipe jar rims. Cover at once with metal lids and screw on bands. Process in boiling water bath 10 minutes. Yield: 6 half pints.

Donna Morrison  
 Dalmatia

### BLUEBERRY MUFFINS

1½ cups sifted all-purpose flour  
 1½ teaspoons baking powder  
 ¼ teaspoon salt  
 5 tablespoons softened butter  
 ½ cup granulated sugar  
 1 egg  
 ½ cup milk  
 1 cup fresh blueberries

Preheat oven to 400 degrees. Grease and lightly flour muffin tins. Sift together flour, baking powder, and salt; set aside. Cream butter, add sugar a little at a time and continue to cream until mixture is smooth and fluffy. Beat in egg. Stir in dry ingredients and milk alternately beginning and ending with flour. Fold in blueberries gently and spoon into prepared tins. Bake 25 to 30 minutes. Cool on wire rack. Yields 12.

B. Light  
 Lebanon

### DOUBLE GOOD BLUEBERRY PIE

9-inch pie shell  
 ¾ cup sugar  
 3 tablespoons cornstarch  
 ¼ teaspoon salt  
 ¼ cup water  
 4 cups blueberries  
 1 tablespoon butter  
 1 tablespoon lemon juice

Combine sugar, cornstarch, and salt in saucepan. Add water and 2 cups of blueberries. Cook over medium heat, stirring constantly until mixture comes to a boil and is thickened and clear. Remove from heat. Stir in butter and lemon juice, cool. Place remaining 2 cups blueberries in pie shell. Top with cooked berry mixture. Chill. Serve garnished with whipped cream.

Glenna Eisentrout  
 Bruceton Mills, WV

### BLUEBERRY CRUNCH

20-ounce can crushed pineapple in juice, undrained  
 1 package yellow cake mix  
 3 cups fresh or frozen blueberries

½ cup sugar  
 ½ cup butter, melted  
 1 cup chopped pecans  
 Spread pineapple in a lightly buttered 13x9x2-inch baking dish. Sprinkle with cake mix, blueberries, and sugar.

Drizzle with butter, and top with pecans.

Bake at 350 degrees for 45 minutes or until bubbly. Makes 10 servings.

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 Dalmatia

(Turn to Page B8)

## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date listed below.

- |        |                           |
|--------|---------------------------|
| July   | 25 - Peachy Recipes       |
| August | 1 - Garden Vegetables     |
|        | 8 - Salad Dressings       |
|        | 15 - Using Summer Harvest |

## Featured Recipe

Sullivan County Dairy Princess Jill Broschart said, "You scream. I scream. We all scream for July is National Ice Cream Month."

According to Jill, ice cream is a dessert so popular here in the United States that it has been given its own month in which to celebrate it.

Former President Ronald Reagan was the individual who declared July National Ice Cream Month, and National Ice Cream Day to be the second Sunday in July.

The United States is the highest in ice cream production and consumption than any other country. What is America's favorite flavor? Vanilla, of course, followed by chocolate. Both are classics in their own right.

Now to celebrate America's favorite, here are some easy-to-create ice cream sundae ideas for your eating enjoyment.

**MINT MADNESS SUNDAE:** Chocolate mint ice cream, chocolate sauce, quartered chocolate-covered peppermint patties, and whipped cream.

**MAPLE NUT SUNDAE:** Vanilla and maple walnut ice creams, maple syrup, chopped toasted walnuts, and whipped cream.

**GO BANANAS SUNDAE:** A scoop of vanilla ice cream on top of a slice of banana-nut bread, topped with warm chocolate sauce, sliced bananas, and toasted pecans.

**BUTTER-NUT SUNDAE:** Butter pecan ice cream, butterscotch sauce, toasted pecans, and whipped cream.