

Home on the Range

Blueberries Provide Powerful Nutritional Punch, Taste

BLUEBERRY BONANZA

1 envelope Dream Whip
 1/2 cup milk
 1 teaspoon vanilla
 1 package (8-ounce) cream cheese
 1 1/2 cup powdered sugar
 1 can blueberry pie filling
Graham Cracker Crust:
 2 1/4 cup crushed graham crackers
 1/3 cup melted margarine
 Make graham cracker crust and pat into bottom of a 13x9-inch pan.

Mix dream whip, milk, sugar, vanilla, and cream cheese; beat together until well mixed. Pour into cracker crust. Pour pie filling over cream cheese mixture. Refrigerate about 2 hours before serving.

Pam Mummert
 Glen Rock

BLUEBERRY COFFEE CAKE

2 cups flour
 3/4 cup sugar
 2 1/2 teaspoons baking powder
 3/4 teaspoon salt
 1/4 cup vegetable oil
 1/4 cup milk
 1 egg
 2 cups blueberries
Topping:
 1/2 cup sugar
 1/3 cup flour

1/2 teaspoon cinnamon
 1/4 cup butter, softened
 Preheat oven to 375 degrees. Grease round 9-inch cake pan. Blend by hand the flour, sugar, baking powder, salt, oil, milk, and egg; fold in blueberries. Spread in pan.

Mix topping ingredients to form crumbs. Sprinkle over batter. Bake for 45-50 minutes.

Pam Mummert
 Glen Rock

BLUEBERRY CRUMB COFFEE CAKE

1/2 cup butter
 1 cup sugar
 2 eggs
 1 cup sifted flour
 1 teaspoon baking powder
 1 cup fresh or frozen blueberries

Crumb Topping:

1/3 cup sugar
 6 tablespoons butter
 3/4 cup flour

In small bowl prepare topping. Cut butter into flour and sugar until it resembles coarse meal. Set aside.

In large bowl cream butter and add sugar; add eggs one at a time and blend in. Stir in flour and baking powder; gently fold in blueberries.

Pour into a greased and floured 8-inch square pan. Top

cake batter with crumb topping and bake at 350 degrees for 45 minutes.

Betty Biehl
 Mertztown

BESTEVER BLUEBERRY MUFFINS

2 cups flour
 1 1/4 cups sugar
 2 teaspoons baking powder
 1/2 teaspoon salt
 1/2 cup milk
 1/2 cup margarine, melted and cooled
 1 egg, slight beaten
 1 teaspoon vanilla
 1 1/2 cups fresh or thawed drained blueberries

Mix dry ingredients in a large mixing bowl.

Mix liquids together and add to dry ingredients, stirring just to combine and moisten well; Stir in blueberries.

Spoon into 12-14 prepared or paper lined cupcake pans. Bake in a preheated oven at 400 degrees for 20-25 minutes.

Pat Elligson
 Millers, Md.

BLUEBERRY CAKE

2 eggs, separated
 1 cup sugar, divided
 1/2 cup shortening
 1/4 teaspoon salt
 1 teaspoon vanilla
 1 1/2 cup flour
 1 teaspoon baking powder
 1/3 cup milk
 1 1/2 cup blueberries, dusted with flour

Beat egg whites until stiff; add 1/4 cup sugar. Set aside.

Cream shortening, salt, vanilla, and remaining sugar. Beat egg yolks until light and creamy; add to creamed mixture. Sift flour and baking powder together adding alternately with milk to creamed mixture. Fold in egg whites and blueberries.

Put batter in greased 8x8x2-inch pan. Sprinkle with sugar. Bake at 350 degrees for 50 minutes. Can be doubled for a 13x9-inch pan. Freezes well.

Jeanie
 Dusty Roads Llamas

BLUEBERRY CINNAMON CAKE

3 cups flour
 1 cup oil
 2 cups sugar
 1/2 cup orange juice
 4 eggs
 3 teaspoons baking powder
 2 1/2 teaspoons vanilla
 1 1/2 cups blueberries
 2 tablespoons cinnamon
 5 tablespoons sugar
 1 teaspoon nutmeg

Combine oil, sugar, and orange juice. Mix in remaining ingredients (except blueberries). Put 1/2 batter in greased tube pan. Cover with blueberries. Sprinkle with sugar add cinnamon. Repeat. Bake at 350 degrees for 1 hour 30 minutes.

Jeanie
 Dusty Roads Llamas

BLUEBERRY PIE

2 1/4 cups blueberries
 1 cup sugar
 1/3 cup water
Crumb Topping:
 1/3 cup oatmeal
 3/4 cup flour
 1/3 cup brown sugar
 1/4 cup butter, melted

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Featured Recipe

Research labs around the world report growing evidence that blueberries are powerful little disease fighters.

USDA researches have found that blueberries rank at the top in antioxidant activity when compared to 40 other fresh fruits and vegetables. Antioxidants help neutralize harmful free radicals that can lead to cancer and other age-related diseases.

Scientists discovered that feeding blueberries to laboratory rats slowed age-related loss in mental capacity and memory, a finding that has important implications for humans.

Blueberries are also believed to help reduce built up of so-called bad cholesterol. Blueberries also promote urinary tract health and reduce the risk of infection. Studies show that eating blueberries may improve eyesight and even promote positive physiological and cosmetic benefits. For more information on these interesting studies, check out the Website www.usdbc.org/health.htm.

Blueberries are most nutritious eaten fresh, but also can be incorporated into scrumptious desserts such as this one from one of our readers.

WARM, FRESH BLUEBERRY PUDDING

2 tablespoons quick-cooking tapioca
 1/3 cup granulated sugar
 1/3 cup firmly packed brown sugar
 1/4 teaspoon salt
 3/4 cup water
 2 tablespoons lemon juice
 1 tablespoon butter
 2 cups fresh blueberries
 1 1/2 cups sifted cake flour
 2 teaspoons double-acting baking powder
 1/2 teaspoon salt
 3 tablespoons butter
 3/4 cup granulated sugar
 3/4 cup milk
 1/2 teaspoon vanilla

Combine tapioca, 1/3 cup granulated sugar, brown sugar, 1/4 teaspoon salt, and water in saucepan. Cook and stir over medium heat until mixture comes to a boil. Add lemon juice, 1 tablespoon butter and blueberries. Let stand 15 minutes.

Meanwhile, combine sifted flour, baking powder, and 1/2 teaspoon salt; sift together. Cream 3 tablespoons butter, add 3/4 cup granulated sugar gradually; cream together well.

Add flour mixture alternately with milk in small amounts, beat well. Add vanilla.

Stir blueberry mixture and pour into a greased 1 1/2-quart casserole or 8x8x2-inch pan. Spoon batter over blueberry mixture. Bake in 375 degree oven for one hour. Serve hot with cream. Serves 8-10.



Blueberry pie continues to be a favorite dessert.

Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

- July
 - 19 — Peaches
 - 26 — Ice Cream Month
- August
 - 2 — Garden Produce
 - 9 — National Sandwich Month



Eaten raw or incorporated into baked or cooked dishes, blueberries provide taste appeal and amazing nutritional benefits.