

# Blueberries

## JOHNSON BLUEBERRY FARM

Suqualena Community  
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(601)-626-8166



### NUTRITIONAL INFORMATION:

High in Vitamin A  
High in niacin  
Contains iron and other trace minerals  
Fair source of Vitamin C  
High in dietary fiber  
Low in calories: one-half cup of berries is only 42 calories

(The following recipes are all low in sugar and fat)

#### BLUEBERRY YOGURT SHAKE

1 cup blueberries  
1 cup plain yogurt  
1 T sugar or artificial sweetener  
1/2 tsp vanilla  
In a blender, mix all ingredients until smooth.  
(Or use frozen berries/ skim milk/ and sweetner for a lo-cal shake)

#### BLUEBERRY COTTAGE CHEESE MUFFINS

1/4 cup low-fat cottage cheese  
1 egg  
3/4 cup all-purpose flour  
1 1/4 tsp bkg powder  
1/2 tsp salt  
2 T sugar or sugar substitute  
1/3 cup skim milk  
3/4-1 cup blueberries

Fold cottage cheese and egg together. Add the flour, salt, baking powder, and sugar. Stir to combine. Add milk and stir lightly, then gently stir in the blueberries. Spoon into muffin pan. Bake in preheated 425 F. oven for 15-18 minutes.

#### LO-CAL BLUEBERRY CREAM PIE

9-inch baked pie shell  
1 pkg lo-cal vanilla pudding  
1 1/2 cup Blueberry Topping  
lo-cal whipped topping  
Prepare pudding as directed on package; cool slightly. Pour into baked shell. Cover with waxed paper; chill until set. Top with Blueberry Topping. Top with whipped topping.

#### Blueberry Topping:

2 cups blueberries, 1 1/2 T cornstarch, 1/4 cup water, 2 T sugar replacement. Put blueberries in top of double boiler. Cook over boiling water to simmering. Then add cornstarch and water paste. Cook until clear and slightly thickened. Remove from heat; add sugar replacement. Cool. Yield 1 1/2 cup.

#### BLUEBERRY PUDDING (diabetic)

1 cup crushed corn flakes  
1/4 tsp cinnamon  
sugar substitute to equal 1/4 c sugar  
1/8 tsp salt  
1/2 tsp vanilla  
1 T melted lo-cal margarine  
2 cup blueberries

Combine crushed flakes, cinnamon, sugar substitute, salt, vanilla and melted margarine. Place blueberries at bottom of baking dish and cover with cornflake mixture. Bake at 350 F. for 20 minutes. Serve with diabetic whipped topping.

# Blueberries

## LO-CAL BLUEBERRY COTTAGE CHEESE MOLD

1 pkg (3 oz.) low cal lemon gelatin  
1 pkg (3 oz.) low cal lime gelatin  
1 1/2 cup boiling water  
1 pint blueberries  
1 1/2 cup cottage cheese (lo-fat)

1 cup plain yogurt  
salad greens  
diet mayonaise  
lo-cal cranberry juice

Dissolve gelatins in boiling water. Cool. Coat bottom of 6-cup mold with gelatin using a pastry brush of spoon. Let set slightly. Arrange 1/2 cup berries decoratively in gelatin layer. Chill until firm. Pour another thin layer of gelatin and let set. Add blueberries, cottage cheese and yogurt to rest of gelatin and blend thoroughly. Spoon mixture over gelatin layer in mold and chill until firm. Unmold on salad greens and serve with mayonaise thinned with cranberry juice.

## BLUEBERRY MUFFINS ( Lo-Cal)

2 cup flour  
1/4 cup sugar  
4 tsp bkg powder  
2 T lo-cal margarine  
1 cup skim milk, scalded  
1 cup blueberries

Sift dry ingredients in mixing bowl. Work in margarine with hands until mixed well. Add milk until all moistened. Bake 350 F. in muffin pan sprayed with non-stick oil. Bake until lightly browned.

## SKINNY BLUEBERRY COBBLER

3 cup blueberries  
3 T sugar or sugar substitute to equal 1/4 c sugar  
2 T quick-cooking tapioca  
3/4 cup water  
1 1/4 c biscuit mix  
1/2 tsp vanilla  
1/2 cup skim milk

Combine first five ingredients in a shallow 2 quart casserole. Fork-blend the biscuit mix and skim milk. Spoon on top of Blueberry mixture. Bake 350 F. for 30-40 minutes.

## BLUEBERRIES JUBILEE

1 cup blueberries  
1 cup grape juice  
1 tsp cornstarch  
Combine all ingredients in a sauce pan. Simmer until thickened and clear. Pour 2 T brandy over surface of simmering fruit. Ignite with a long match. Spoon flaming sauce over ice cream.

## TEN QUICK DISHES FOR BLUEBERRIES:

- \* Stir into plain or vanilla or lemon yogurt
- \* Alternate layers of blueberries and vanilla pudding to make a parfait
- \* Sprinkle over hot or cold cereal
- \* Spoon over ice cream
- \* Mix with cottage cheese
- \* Add to a fruit salad
- \* Fold into lightly sweetened whipped cream or topping
- \* Fill ice cream cone half with blueberries and top with ice cream
- \* Serve in cantaloupe half with a dollop of yogurt
- \* Eat out of the hand--They are better than candy!!

**\*\*PICKING SEASON IS USUALLY JUNE 1 THROUGH JULY 30\*\***

We are approximately 10 miles from Meridian--out Hwy 19 N.--Take a left on Hwy 494 to Suqualena, and go left 1 mile on Suqualena Road to our farm. Look for signs. Call ahead for already picked orders!