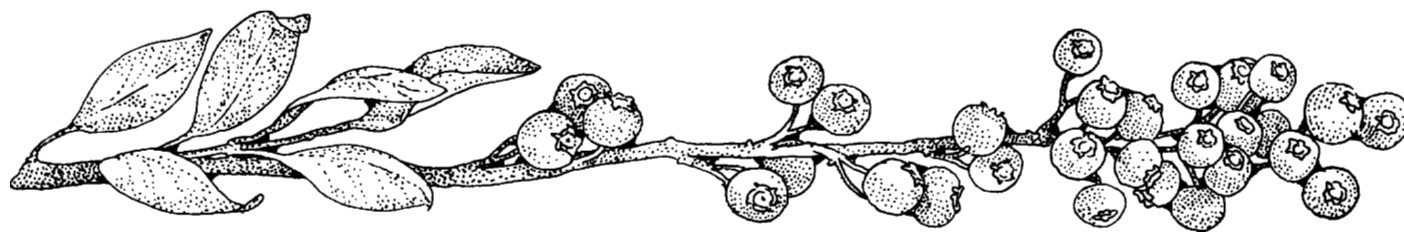


Blueberries



Although many people think of Maine when they think of blueberries, we grow them here in Vermont too! In

fact, wild blueberries can be found from the northern tip of Alaska down to Florida. With such a wide growing area, it is not surprising that

they were an important part of the food supply for many Native American tribes who ate them fresh, cooked with meat, or dried for winter.

Jane's Blueberry Cobbler

Makes 4 to 6 servings

Ingredients:

- 1/3 cup whole-wheat flour
- 1/3 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 cup sugar
- 2/3 cup skim milk
- 2 Tablespoons butter or margarine, melted
- 2 cups blueberries, cleaned and rinsed



Directions:

1. Preheat oven to 350 degrees F.
2. In a mixing bowl, combine flour, baking powder, and sugar.
3. Stir in milk and mix batter until smooth.
4. Pour melted butter or margarine into a 1- to 1 1/2-quart baking dish (or whatever size is available).
5. Pour in batter and sprinkle blueberries on top.
6. Bake for 40 to 45 minutes or until lightly browned.

Source: "Jane Brody's Good Food Book: Living the High-Carbohydrate Way," by Jane Brody. Copyright 1985 by Jane E. Brody. Used with permission of W.W. Norton & Company, Inc.

Nutrition Facts

Serving Size 1 Serving (151g)
Servings Per Container 5

Amount Per Serving

Calories 290 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3g **15%**

Cholesterol 15mg **5%**

Sodium 220mg **9%**

Total Carbohydrate 55g **18%**

Dietary Fiber 4g **16%**

Sugars 26g

Protein 5g

Vitamin A 8% • Vitamin C 15%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Changes in the ingredients and directions have been made for printing in this cookbook. UVM Extension is responsible for all changes that have been made to this recipe.

Tips

- Select blueberries that are plump and unwrinkled. Avoid boxes with signs of mold.
- Store blueberries in the refrigerator for up to 1 week.

Very Berry Bread Pudding

Makes 8 servings

Ingredients:

- 2 cups blueberries
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1/2 cup orange juice
- 5 cups whole wheat bread cubes
- 2 cups strawberries, chopped

Directions:

1. In a medium saucepan, combine blueberries, maple syrup, vanilla, cinnamon, and orange juice.
2. Bring to a boil over medium heat.
3. Lower heat and simmer gently for 5 minutes. Stir occasionally.
4. Remove from heat.
5. Gently fold in bread cubes and strawberries, mixing until all bread is moistened.
6. Pour mixture into an 8-inch square baking pan (or whatever size is available).
7. Press pudding down into pan with the back of a spoon.
8. Cover and chill.

Source: "Vegan Handbook," Debra Wasserman & Reed Mangels, Ph.D., R.D., 1996, The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203; phone: (410) 366-VEGE; www.vrg.org.

Nutrition Facts

Serving Size 1 Serving (114g)
Servings Per Container 8

Amount Per Serving

Calories 110 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 85mg 4%

Total Carbohydrate 23g 8%

Dietary Fiber 3g 12%

Sugars 13g

Protein 2g

Vitamin A 0% • Vitamin C 50%

Calcium 4% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.