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## Blueberries



Once known as star berries because of the pointy flower calyxes on top, blueberries have grown wild in North America for thousands of years. They were a staple among Native Americans, who dried and smoked the berries, and pounded them into venison to flavor the meat.

### Uses & Preparation

- Wash blueberries just before using. Add to yogurt or cottage cheese or any fruit and mild cheese platter. For color and great taste, add to salads, or sweeten pancakes, cakes, and muffins.

### Selection

- Look for firm, dry, plump, smooth-skinned berries with a light grayish bloom. Ripe berries should be deep-purple blue to blue-black.

### Storage

- Cover and refrigerate fresh berries for up to 10 days. Blueberries are easily frozen for later use. Freeze unwashed blueberries in airtight, resealable plastic bags.
- If thawed, keep refrigerated and use within 3 days.

### Nutrition Information

- \* Good source of vitamin C
- \* High in fiber
- \* Low in calories

## Recipe

### Blueberry Pancake Stacks

Vegetable oil for cooking  
1 cup milk  
1 tablespoon vegetable oil  
1 egg  
1 cup all-purpose flour  
1½ teaspoons baking powder  
1 teaspoon salt  
1 cup fresh blueberries  
Dash of nutmeg



In a mixing bowl, stir together the milk, oil, and egg. In a separate bowl, combine the flour, sugar, baking powder, salt and nutmeg. Add dry ingredients to the milk and stir just until mixed (batter should be slightly lumpy). Gently fold in the berries.

Spoon the batter onto a griddle or pan greased with vegetable oil and heated to medium-hot (dollops should be about the size of a silver dollar). Let the batter cook until the tops of the pancakes begin to bubble, then flip and cook until done. Stack and serve immediately with softened margarine and warm syrup. Makes about eighteen 2½" pancakes.

### Blueberry Syrup

Combine 1 pint of blueberries and 1 cup of maple syrup in a saucepan. Heat to boiling, then lower the heat and simmer until most of the fruit has burst. Remove from heat and use a fork to smooch the berries. The syrup will thicken as it cools. Store in the refrigerator for up to 2 days.

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