

From Lisa's Kitchen: Blueberries

These recipes show you how you can enjoy blueberries all day long. Have low-fat muffins for breakfast (with a dab of peanut butter for protein), snack on a little granola in the afternoon, then enjoy a super foods dinner of salmon with a blueberry salsa and a bowl of berries with almond cream for dessert. After eating this healthfully, get ready to feel your best!

When shopping for blueberries, you want them to look smooth and unblemished with a waxy sheen. Check the package for stains and wetness - you want dry berries. Store them in the refrigerator and don't wash until you're ready to use them.

Low-Fat Blueberry Muffins

Makes 12 muffins

Adapted From [The Ultimate Muffin Book](#)

- 1 cup nonfat milk
- 3/4 cup rolled oats (not quick-cooking)
- 2 teaspoons apple cider vinegar
- Nonstick spray or paper muffin cups
- 1½ cups plus 1 tablespoon all-purpose flour
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 pint blueberries
- 1/3 cup packed Splenda Brown Sugar blend
(or 3/4 cup regular brown sugar)
- 1/4 cup canola oil
- 1 large egg, lightly beaten, at room temp.
- 1 teaspoon vanilla extract

Combine the milk, oats and vinegar in a large bowl; stir until well blended. Let the mixture stand undisturbed at room temperature for 20 minutes. The milk will thicken and sour.

Position the rack in the center of the oven and preheat oven to 400°. Prepare the muffin tins by spraying the insides and tops with cooking spray, or lining with muffin cups.



Whisk 1 ½ cups all-purpose flour, the baking soda, and salt in a small bowl until well-combined. In a second small bowl, mix the berries and the remaining 1 tablespoon of flour until the berries are well-coated. Set both bowls aside.

Using a wooden spoon, stir the brown sugar blend or brown sugar, oil, egg and vanilla into the oat mixture until uniform and somewhat smooth. Stir in the flour mixture until moistened. Gently fold in the coated berries, taking care not to break them up.

Fill the prepared tins three-quarters full. Use additional greased tins for any left-over batter. Bake for 25 minutes, or until

the muffins are lightly browned with flat, cracked tops. The muffins should be firm to the touch.

Set the pan on wire rack and cool for 10 minutes. Gently tip each muffin to one side to make sure it isn't stuck. If one is, gently rock it back and forth to release it. Remove all muffins and cool completely before storing in an airtight container. Can be frozen.

Fruity Granola

Makes 12 servings

Adapted from [Canyon Ranch Cooks](#)

- 1 1/2 cup rolled oats
- 1/2 cup oat flour
- 1 tablespoon brown sugar
- 3 tablespoons minced cashews
- Pinch cinnamon
- Pinch sea salt
- 2 tablespoons apple juice concentrate
- 1 tablespoon pineapple juice concentrate
- 1/4 cup lite coconut milk
- 2 tablespoons honey
- 1 tablespoon pure vanilla extract
- 3/4 teaspoon cashew butter
- 1 tablespoon maple syrup
- 1/4 cup golden raisins
- 1/4 cup dried cranberries
- 1/3 cup dried cherries
- 1/4 cup dried blueberries
- 1/3 cup roasted and chopped almonds
- 1/3 cup roasted and chopped hazelnuts

Preheat oven to 250°. Lightly coat a sheet pan with canola oil.



Combine oats, oat flour, brown sugar, cashews, cinnamon and salt in a medium bowl and mix well. Combine apple juice concentrate, pineapple juice concentrate, coconut milk, honey, vanilla extract, cashew butter and maple syrup in a small bowl and mix well. Add to dry mixture and mix until ingredients are moist.

Spread mixture onto sheet pan and bake for 45 minutes to 1 hour, stirring after 25 minutes to allow for even cooking. Remove from oven and cool on sheet pan. Break apart while still slightly warm and add dried fruit and remaining nuts.

Makes 12 (2-ounce) servings, each containing approximately:

- 200 calories
- 32g carbohydrate
- 6g fat
- 0mg cholesterol
- 4mg protein
- 36mg sodium
- 3g fiber

Salmon with Blueberry Mango Salsa

Serves 4

Adapted from [Canyon Ranch Nourish](#)

Blueberry Mango Salsa:

- 1/3 cup diced mango
 - 1/3 cup blueberries
 - 2 tablespoons minced red onion
 - 2 tablespoons minced red bell pepper
 - 1 tablespoon chopped, fresh cilantro
 - 1 tablespoon fresh lime juice
 - 1/2 teaspoon minced jalapeños
 - 2 teaspoons evaporated cane juice
 - 1/4 teaspoon sea salt
- 4 4-ounce salmon fillets
Pinch sea salt
Pinch freshly ground black pepper
1/2 teaspoon extra virgin olive oil

In a medium bowl combine all ingredients for blueberry salsa and mix. Set aside.

Heat a large skillet over medium-high heat. Season salmon with salt and pepper and place in skillet with oil and sear 3 to 5 minutes on both side or until salmon is cooked.

Serve each salmon fillet with ¼ cup of salsa.

Makes 4 servings, each containing approximately:

- 210 calories
- 6g carbohydrate
- 10g fat
- 74mg cholesterol
- 23g protein
- 221 mg sodium
- 1g fiber



Blueberries with Almond Cream

Serves 4

from [The Diabetes Food & Nutrition Bible](#)

- 2 cups fresh blueberries
- 1/2 cup reduced-fat cream cheese (Neufchâtel)
- 1 tablespoon fat-free milk
- 1 tablespoon powdered sugar
- 1/4 teaspoon almond extract
- 2 tablespoons toasted sliced almonds

Divide the blueberries among four dessert dishes.

Using electric beaters, cream together the cream cheese, milk and sugar until smooth. Add the extract and mix 10 seconds more. Fold in the almonds.

Serve the blueberries with a dollop of almond cream.

Each serving contains approximately:

- 142 calories
- 75 calories from fat
- 8g total fat
- 4g saturated fat
- 20mg cholesterol
- 127mg sodium
- 14g carbohydrate
- 2g dietary fiber
- 8g sugars
- 4g protein