



Blueberry Cheese Squares

Courtesy of: Marilyn Galbraith

Ingredients

- 2 cups graham cracker crumbs
- 1 stick buttered, melted
- 3 packs (8oz.) cream cheese
- 3 teaspoons vanilla
- 1 cup granulated sugar
- 8 tablespoons cornstarch
- 3/4 cup powdered sugar
- 6 eggs
- 1 cup sugar (granulated)
- 6 cups blueberries
- 1/2 teaspoon salt
- 5 tablespoons lemon juice

Directions

Combine crumbs, pow. sugar & butter; blend thoroughly. Press on bottom of pan to form crust, set aside. Combine eggs, 1 cup sugar, softened cheese & vanilla, beat until smooth. Pour on top of crust. Bake 40 minutes in pre-heated oven (325°). Cool. Meanwhile, combine blueberries, 1 cup sugar, cornstarch and salt. Cook over low heat, stirring constantly until mixture thickens, blend in lemon juice. Spread over cheese layer. Chill. Serve with whipped cream or cool whip. Yummy!

Honeydew-Blueberry Ice Pops

Prep Time: 15 minutes

Freeze Time: 12 hours

Makes 12 pops

Ingredients

- 1/2 Honeydew melon, seeded, peeled and cut into 1-inch pieces
- 2 pts. Blueberries
- 1 lime, juiced and zested
- 2 tbsp. honey
- 1 tbsp. finely chopped fresh mint

Directions

1. In a blender combine melon, blueberries and lime juice; blend to a smooth puree. Set aside.
2. In a small saucepan combine honey, 1/2 cup water, lime zest and mint. Place over high heat; bring to boiling. Remove pan from heat and let cool completely.
3. Strain honey mixture; stir into melon puree. Pour evenly into ice pop molds. Freeze at least 12 hours.

Per serving: 175 calories (3% calories from fat), 1g fat, 0g saturated fat, 0mg cholesterol, 60mg sodium, 44 carbohydrate, 5g fiber, 3g protein

Blueberry Spritzer

Prep Time: 5 minutes

Servings: 4

Ingredients

- 3 cups blueberry-pomegranate juice
- 1 1/2 cups sparkling water
- 1 cup fresh blueberries, divided
- Lime Slices

Directions

1. For the spritzer, in a 32-ounce pitcher combine blueberry-pomegranate juice and sparkling water; stir well.
2. Fill 4 tall glasses with ice. Pour spritzer into each glass; add blueberries, garnish each with a slice of lime and serve.

Per Serving: 105 calories, 0g fat, 0g saturated fat, 0g cholesterol, 10mg sodium, 27g carbohydrate, 1g fiber, 0g protein

Gluten-Free Blueberry Cobbler

Prep Time: 15 minutes

Cook Time 45 minutes

Serves: 8

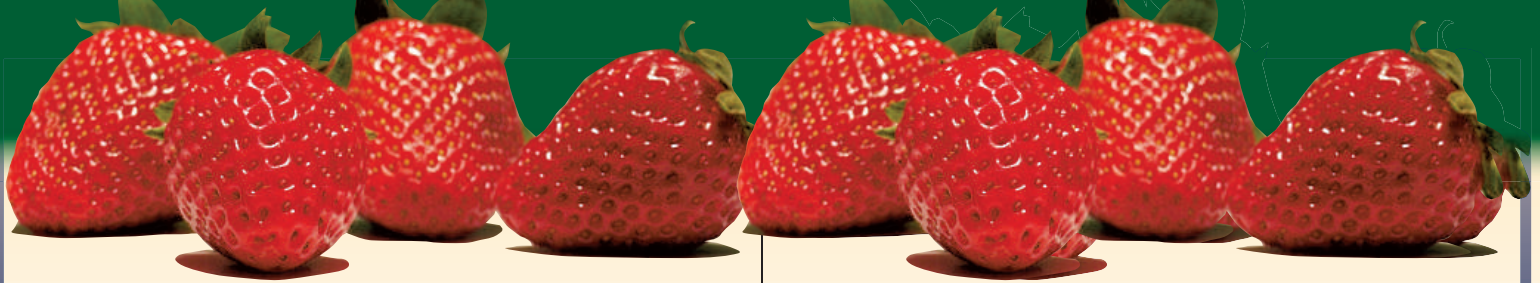
Ingredients

- 6 cups fresh blueberries
- 1/3 cup plus 1tbsp. granulated sugar
- 1 tsp. orange zest
- 3/4 cup gluten-free all-purpose baking mix
- 1/4 cup butter, softened
- 2 tbsp. fat-free milk
- 1/2 cup sliced almonds
- 2 tbsp. turbinado sugar
- 1 tbsp. egg white

Directions

1. Preheat oven to 350°F. Coat an 11x7-inch baking dish with nonstick cooking spray. Place blueberries in dish. Sprinkle with 1/3 cup of the granulated sugar plus orange zest, toss to coat.
2. For the topping, in a small bowl combine baking mix, remaining 1 tablespoon granulated sugar, plus butter and milk; mix well. Spoon over blueberry mixture.
3. In a small bowl, combine almonds, turbinado sugar and egg white; sprinkle over blueberry mixture.
4. Bake 40-45 minutes or until lightly browned. Remove from oven and let cool slightly. Serve warm.

Per serving: 315 calories (25% calories from fat), 9g fat, 4g saturated fat, 15mg cholesterol, 245mg sodium, 57g carbohydrate, 5g fiber, 4g protein



Summer Fruit Compote

Ingredients

- ¼ cup honey
- 1 Tbsp. lemon juice
- ½ Tsp. finely shredded orange peel
- ¼ Tsp. ground cinnamon
- 2 oranges, peeled and sectioned
- 1½ cups cubed honeydew melon or cantaloupe
- 1 cup fresh blueberries
- 1 cup halved strawberries
- Toasted coconut

Directions

Combine honey, lemon juice, orange peel, and cinnamon. Drizzle over orange sections in a bowl. Cover and chill several hours or overnight. Chill the remaining fruits. To serve, drain orange sections, reserving the liquid. Arrange orange sections, melon, blueberries, and strawberries in 4 individual dessert dishes. Drizzle the reserve liquid over fruit liquid. Sprinkle with toasted coconut. **Makes 4 servings.** (*Better Homes & Gardens*)

Strawberry Cream Cheese Pie

Ingredients

- 9-inch baked pie shell
- 5 cups strawberries
- 2 Tbsp. cornstarch
- ¾ cup sugar
- ½ cup water
- 2 Tbsp. lemon juice
- 3 oz. cream cheese
- ¼ cup powdered sugar

Directions

In saucepan, put about 1 cup sliced strawberries, cornstarch, sugar, water and lemon juice. Bring to a boil, stirring. Boil until thick and clear. Remove from heat, cool. Beat together cream cheese and powdered sugar until smooth. Spread evenly in pie shell. Put large raw strawberries over cream cheese. Pour cooled strawberry puree over strawberries. Chill until serving time. May top with whipped cream.

Fresh Strawberry Cake

Ingredients

- 2 eggs
- 1 cup sugar
- 1 cup crushed strawberries
- 1 Tsp. soda
- 1½ cup flour

Directions

Combine eggs and sugar in one bowl and mix well. Place crushed berries in a bowl, add soda. Soda will cause berries to foam up and turn a reddish brown. When well fixed and foamy, add to egg and sugar mixture. Add flour a little at a time until well mixed. Pour batter into a well greased (not floured) into an 8 or 9 inch square pan. Bake 30-40 minutes in a pre-heated 350 degree oven. Note: this recipe does not call for shortening, just the 5 ingredients. Serve cake plain, topped with crushed berries or frosted with caramel icing.

Strawberry Cooler

Ingredients

- 1 cup sliced strawberries
- 1 cup yogurt
- 1 cup skim milk
- 2 Tbsp. honey

Directions

Whip all ingredients together until smooth.
Makes 3 cups.

Strawberry Pie

Ingredients

- 1 (heaping) cup flour
- ½ cup butter
- 3½ Tbsp. powdered sugar
- 1 quart strawberries
- 3 Tbsp. cornstarch

Directions

Blend flour, butter and powdered sugar; press in pan with fingers. Bake at 350 degrees until slightly brown, about 20 minutes. Place half of berries in baked crust. Add sugar and cornstarch to remaining berries, boil until clear and thick. Cool slightly, pour over berries in crust. Cool, cover with whipped cream and serve. (*Louise H. Brus, Blue Grass, Iowa, Mississippi Valley Fair Favorite Recipes of America Cookbook*)