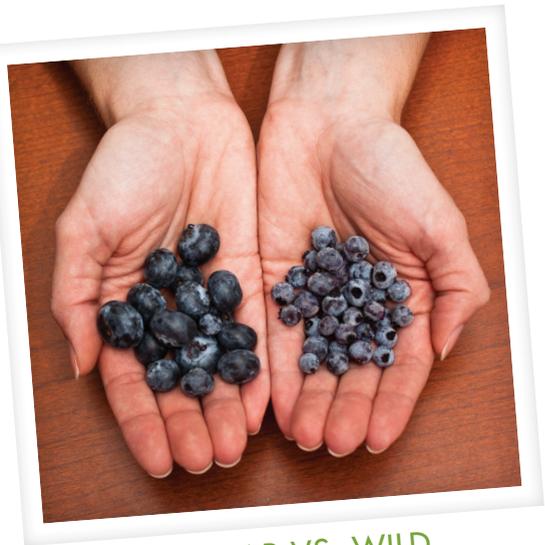


MOTHER'S DAY WILD BLUEBERRY
BRUNCH RECIPES



feed her
Wild
side!





REGULAR VS. WILD
See the difference

This mother's day, lose the lilies and *get wild*

MAKE THIS MOTHER'S DAY SOMETHING TO REMEMBER. PICK WILD!

Wild Blueberries are wildly different from the regular blueberries you find in the produce section. Don't be fooled by their small size – these tiny berries have more intense blueberry flavor and double the antioxidants of regular blueberries! Born of the thin, glacial soils of Maine, Eastern Canada and Quebec, these tiny, potent, wild berries will make any mother swoon. So dish up some deliciousness – and help mom feed her Wild Side with these wonderful Wild Blueberry brunch recipes!

There's no better place to start than with this collection of exclusive Wild Blueberry brunch recipes from renowned food bloggers.

Make sure you're ready to get wild – stock up on
Wild Blueberries from your supermarkets' frozen fruit section!



Wild Blueberry Cacao Smoothie

SERVES 1 TO 2

Dairy-free, Gluten-free & Vegan

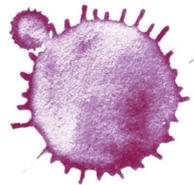
INGREDIENTS

½ cup kale, finely chopped
1 cup frozen Wild Blueberries
1 banana (fresh or frozen), sliced
1 tbsp. raw cacao powder

½ cup coconut milk (start with ½ cup
and add a splash more if needed)
¼ cup pomegranate juice
2 tsp. chia seeds (optional)

INSTRUCTIONS

Place all ingredients in a Vitamix or blender and blend on high until smooth.



JAIME REID AND CARRIE KINSLEY | **BLOG:** Zest & Zeal (thezestandzeal.com)

Two sisters, two specialties, one purpose. Jaime is a dietitian, advocate for “real” foods and mother of a toddler. She and sister Carrie, a former teacher turned work-from-home entrepreneur and new mom write Zest & Zeal, a lifestyle blog about balanced, healthy, thoughtful living...served with a side of fun!

For more *Wild Blueberry* recipes visit wildblueberries.com



Wild Blueberry Corn Muffins with Meyer Lemon-Thyme Curd

SERVES 8

INGREDIENTS

Meyer Lemon Curd:

4 large organic eggs plus 3 egg yolks
1/3 cup honey
2 tbsp. meyer lemon zest
1/2 cup meyer lemon juice
1/2 tsp. chopped fresh thyme
1 tsp. vanilla extract
6 tbsp. cold organic butter,
cut into pieces

Muffins:

1 cup cornmeal
1/2 cup spelt flour, *whole wheat pastry flour or white whole wheat flour (or more cornmeal to make gluten free)*
1 tsp. baking powder
3/4 tsp. salt
3 eggs
3 tbsp. honey
1/3 cup plus 2 tbsp. extra-virgin olive oil
Zest from 1 meyer lemon
2 tbsp. meyer lemon juice
1 cup frozen Wild Blueberries

INSTRUCTIONS

The day before, make the lemon curd. Pour about 1 inch of water in the bottom of a small pot and bring to a simmer. In a heat proof bowl, whisk together the eggs and the egg yolks. Whisk in honey, lemon zest and juice, thyme and vanilla. Place over the pot and cook, whisking constantly for 10 minutes until thickened. It may stay thin until the end, then magically thicken in the last minute or so.

Remove from heat, stir in butter and a pinch of salt, whisk until butter is melted and combined into curd. Top with a layer of plastic wrap directly over the curd. This keeps it from forming a weird, rubbery skin on top. Refrigerate 8 hours or until ready to use.

Preheat oven to 325 degrees. Mix cornmeal, flour, baking powder, salt in a medium bowl. Whisk eggs, honey, olive oil, lemon zest and juice in a large bowl. Whisk dry mixture into wet mixture until just combined. Stir in frozen Wild Blueberries. Divide a little more than half the batter into 8 lined or well oiled muffin tins. Top with a scoop (about 2 tablespoons) of curd. Top with the remaining muffin batter. Bake about 25 minutes until the tops are lightly golden. It's a little difficult to tell if the muffins are cooked through, as the whole toothpick in the center trick won't work with the curd. You should be able to tell looking at it, but if you're unsure, these muffins are fairly forgiving if you overcook them slightly, as the curd keeps them moist.

Let cool in the tin until almost room temperature. Carefully remove from the tin, running a butter knife along the sides if needed. Enjoy warm or at room temperature.



RACHEL HARTLEY | **BLOG:** An Avocado A Day (anavocadoaday.blogspot.com)

Rachael Hartley is a registered dietitian and certified diabetes educator at a medical center in Columbia, SC. She shares plant-centric recipes and practical nutrition advice on her blog, An Avocado A Day. She is passionate about improving the lives of her clients and readers by teaching them how delicious eating clean can be. When she's not working, cooking or blogging, she's likely traveling the world and experiencing new cuisines with her husband.

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Wild Blueberry Chia Jam

SERVES 16

INGREDIENTS

1 ½ cups frozen Wild Blueberries
3 tbsp. chia seeds

2 tbsp. maple syrup
3 tbsp. water

INSTRUCTIONS

Place Wild Blueberries in a high powered blender and pulse them a few times until broken up. Alex likes her jam to have bits of berries in it, but you can pulse until a desired consistency is achieved. Combine Wild Blueberries, chia seeds, maple syrup and water into a jar. Cover and shake until combined. Let sit overnight in the refrigerator to set. In the morning, you will have fresh, minimally processed jam!



ALEXANDRA CASPERO | **BLOG:** Delicious Knowledge (delicious-knowledge.com)

Alexandra Caspero MA, RD, CLT is a Registered Dietitian and personal trainer who specializes in plant-based diets, sports nutrition, food intolerance and weight management. Her blog, DeliciousKnowledge.com, focuses on making healthy food easy with nutritious recipes that highlight seasonal, vegetable filled meals.

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Wild Blueberry & Goat Cheese Hand Pies

SERVES 6

INGREDIENTS

2 cups frozen Wild Blueberries, thawed
2 tbsp. honey
1 ½ tsp. grated ginger
6 oz. log goat cheese, softened

Zest from half a lemon
1 roll refrigerated pie crust
White sparkling sugar sprinkles

INSTRUCTIONS

Preheat oven to 350 degrees. In a small saucepan on medium high heat, warm frozen Wild Blueberries, honey, ginger and lemon zest for 2-3 minutes. Place softened goat cheese in small mixing bowl. Strain frozen Wild Blueberries, saving blueberry juice. Gently stir Wild Blueberries into goat cheese. Place reserved Wild Blueberry juice back into sauce pan and heat on medium to high heat until thickened, about 10 minutes. Once thickened, add juice to goat cheese mixture. Roll out pie crust with rolling pin. Using a cookie cutter, cut out 12 sections. Place 1 tablespoon of goat cheese filling onto 6 of the sections. Place remaining sections on top of filling and use fork to fasten the top layer to the bottom. Using a pastry brush, brush mini pies with cold milk. Shake on sugar sprinkles. Place on baking sheet and bake for 18 to 20 minutes or until golden brown.



DANIELLE OMAR | **BLOG:** Food Confidence (foodconfidence.com/blog)

Danielle Omar is a registered dietitian, clean-eating coach, raw food chef, and author. She is a passionate food and nutrition educator and founded Danielle Omar Nutrition to support busy men and women on their journey to becoming their healthiest self. An avid cook, she also enjoys sharing plant-based recipes and nutrition strategies on her Food Confidence blog. Her expert nutrition advice has been featured in *The Washingtonian Magazine*, *The Washington Post*, *Fitness*, *Shape*, and on national television, including The Food Network and NBC Primetime.

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Lemony *Wild Blueberry* Sauce & Chicken

SERVES 4

INGREDIENTS

Lemony Wild Blueberry Sauce:

Juice of 1 lemon (about 3 tbsps.)
1 tbsps. cornstarch
1 ½ cups frozen Wild Blueberries
3 tbsps. agave
Zest of half a lemon
⅓ tsp. ground ginger
Pinch salt
A few leaves of fresh chopped thyme, optional

Chicken:

1 egg
¼ tsp. ground ginger
¾ cup Panko bread crumbs
1 pound thin slice boneless chicken breast halves (4 pieces)
Kosher salt
Pepper
1 tbsps. canola oil, divided

INSTRUCTIONS

Sauce: Place the lemon juice and cornstarch in a small bowl and whisk with a fork until well combined. Place the frozen Wild Blueberries, cornstarch mixture, agave, lemon zest, ginger, salt, and thyme as desired in a small saucepan and stir well to combine. Place the Wild Blueberry mixture over medium-high heat and bring to a boil. Lower the heat and simmer, stirring frequently, until thickened and heated through, about 5 minutes.

Chicken: Whisk together the egg and ginger in a bowl, and place the bread crumbs in another bowl. To bread the chicken, season both sides with salt and pepper. Dip in the egg and then coat evenly with the bread crumbs. Heat ½ tbsps. of the oil in a large nonstick skillet over medium to high heat. Cook until the bottoms are golden brown, 4 to 5 minutes. Add the remaining oil, flip the chicken, and cook until the meat is no longer pink and the bottoms are golden brown, about 4 more minutes. Drizzle with the Lemony Wild Blueberry Sauce and serve.



LIZ WEISS | **BLOG:** Meal Makeover Moms' Kitchen (mealmakeovermoms.com/kitchen)

Liz Weiss is a registered dietitian and co-founder of MealMakeoverMoms.com, a website featuring mealtime tips and healthy recipes for families. Liz writes the award-winning food blog, Meal Makeover Moms' Kitchen and co-hosts Cooking with the Moms, a free podcast on iTunes. Liz has co-written two cookbooks, *No Whine with Dinner* and *The Moms' Guide to Meal Makeovers*, and her latest venture includes the mobile recipe app, Meal Makeovers. Liz lives in the Boston area with her husband and two teenage sons.

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Wild Blueberry Baked Doughnuts

SERVES 12

INGREDIENTS

¾ cup frozen Wild Blueberries
2 ⅔ cups all-purpose flour
1 ½ tsp. baking powder
¼ tsp. baking soda
½ tsp. kosher salt
½ tsp. nutmeg
1 cup buttermilk
2 tsp. vanilla extract
¼ cup (4 tbsp.) butter, at room temp.

¼ cup canola oil
¾ cup sugar
2 eggs

Sugar Coating:

¼ cup (½ stick) unsalted butter, melted
¾ cup granulated sugar
3 tsp. ground cinnamon

INSTRUCTIONS

Preheat the oven to 425 degrees. Butter two doughnut pans, or lightly grease them with non-stick spray. Rinse the Wild Blueberries in cold water until the water lightens from dark purple to very light. Place the berries between layers of paper towels to drain while you work. (This will help keep them from discoloring your doughnuts.) Set aside. In a medium bowl, whisk together the flour, baking powder, baking soda, salt, and nutmeg. In a small bowl, whisk together the milk and vanilla. In a large bowl, beat the butter, oil, and sugar until light and fluffy. (You can use an electric mixer, or mix by hand.) Beat in the eggs, one at a time. Stir in the flour mixture in three additions, mixing alternately with the buttermilk. (Be careful not to overmix.) Gently stir in the Wild Blueberries. Spoon the batter into your prepared doughnut pans, filling them to the rim. Use the back of a spoon to smooth the tops. Bake for 10 minutes. Remove from the oven, and let them cool in pans on a wire rack for 5 minutes. In the meantime, melt the ¼ cup butter for your coating, and set aside. Combine the sugar and cinnamon in a bowl or pie plate, and place near the butter. One at a time, remove each doughnut from the pan, brush it with butter, then toss it in the cinnamon-sugar mixture. Let them cool on a wire rack, or eat warm.



REBECCA CRUMP | **BLOG:** Ezra Pound Cake (ezrapoundcake.com)

Rebecca Crump is a Nashville-based freelance writer and former professional baker whose work has appeared in the *Chicago Sun-Times* and *Southern Living*. Her blog, Ezra Pound Cake, was named one of the "Top 10 Writer's Websites of 2009" by *Writer's Digest*.

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Wild Blueberry Oatmeal Waffles

MAKES 6

INGREDIENTS

1 cup white whole wheat flour or all-purpose flour	¼ tsp. salt
¾ cup oatmeal, processed about 30 seconds in food processor to produce flour	2 egg whites
1 tsp. baking powder	2 egg yolks
1 tbsp. sugar	1 ½ cup milk
½ tsp. cinnamon	2 tbsp. canola oil
	1 tsp. vanilla extract
	1 cup frozen Wild Blueberries

INSTRUCTIONS

In a medium bowl, stir together flours, baking powder, sugar, cinnamon and salt; set aside. In a clean medium bowl, beat egg whites until stiff but not dry. Set aside. In a large bowl, beat egg yolks until thick and lemon colored. Continue beating adding milk, oil and vanilla. Add dry ingredients and beat until smooth. Using a rubber scraper, gently fold in beaten egg whites until partially incorporated; then fold in Wild Blueberries. Pour about ½ cup batter on preheated waffle iron (check your manufacturer's instructions). Close iron and cook until light indicates doneness (about 3-4 minutes).



SERENA BALL | **BLOG:** Teaspoon of Spice (teaspooncomm.com/teaspoonofspice/)

Based in St. Louis, food-loving registered dietitian Serena Ball is blogger at TeaspoonOfSpice.com. She and co-blogger Deanna Segrave-Daly are “Two dietitians and moms who love foods as much as you do and blog about healthy, easy and tasty ways to feed a family. Though dietitians, we’re not the food police. We love fruits and vegetables but also bacon, aged cheeses, and doughnuts. We share about the joy of food preparation on most days – but sometimes cereal is what’s for dinner – and we think that’s OK.” Serena’s flavor-focused food writing has also appeared in *Relish*, *Spry* and *Parents*, TheRecipeReDux.com and CookingLight.com.

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Wild Blueberry & Champagne Sorbet

SERVES 8

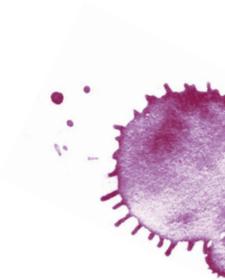
INGREDIENTS

1 ½ cups water
¾ cup brown sugar
2 cups frozen Wild Blueberries

2 tsp. fresh lemon juice
1 ½ cups champagne

INSTRUCTIONS

Combine water and brown sugar in a medium saucepan. Heat over medium heat, stirring frequently, just until sugar melts. Transfer sugar-water mixture to a blender; add Wild Blueberries and lemon juice. Blend until smooth. Pour in champagne. Chill if warm. Transfer mixture to an ice cream maker; freeze according to manufacturer's instructions until frozen. Keep in freezer.



GRETCHEN BROWN | **BLOG:** [kumquat \(kumquatblog.com\)](http://kumquatblog.com)

Gretchen Brown has worked in professional test kitchens and photography studios, and is now a cookbook author, freelance recipe developer, food stylist, food writer, and food photographer. Her blog, [kumquat](http://kumquat.com), is a popular gluten-free blog devoted to the belief that gluten-free food can and should be easy to prepare, wholesome, and delicious enough for everyone. She is a proud military wife and happy mommy to two young kiddos.

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Make this Mother's Day
something to remember.

Pick **Wild.**

Wild
Blueberries

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visit wildblueberries.com

