



Wild Wonderland Recipe Book



It's the most flavorful
time of the year.



Want to make your holiday recipes the blueberriest? 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 turn all of your holiday dishes into a wild wonderland of deliciousness.

There's no better place to start than with this collection of exclusive Wild Blueberry holiday recipes from renowned food bloggers Regan Jones, RD, Alisa Fleming and Hannah Kaminsky.

Pick up some *Wild Blueberries* in your frozen fruit section, and express your Joy to the Wild.

See the difference





Spiced Wild Blueberry Cider

Makes 6 to 8 servings



- 2 cups frozen Wild Blueberries, slightly thawed
 - 8 cups apple cider
 - ½ cup firmly packed light brown sugar
 - 1 (1-inch) piece peeled fresh ginger
 - 1 tablespoon whole cloves
 - 1 tablespoon whole allspice
 - 1 tablespoon cardamom pods
 - 2 cinnamon sticks
 - 1 vanilla bean, split
- Garnish: Wild Blueberries, thawed

Pulse Wild Blueberries in a blender or food processor until chopped, stopping to scrape down sides.

Combine processed Wild Blueberries and remaining ingredients in a large saucepan. Bring just to a boil; reduce heat to low and cook for 2 hours.

Strain cider, discarding pulp and spices. Serve warm.



REGAN JONES, RD | **BLOG:** [Healthy Aperture \(healthyaperture.com\)](http://HealthyAperture.com)

Regan Jones is a registered dietitian and founder of Healthy Aperture, Fit-Framed, The RecipeReDux and RDs4Disclosure. Jones began her career as an Assistant Editor at *Cooking Light* and *Weight Watchers* magazines and has been featured in hundreds of television and radio segments nationwide. Self-described as a “registered dietitian by education and food-lover by birth,” she enjoys reading, running and writing for The Healthy Aperture Blog. When not behind the computer or camera, you can find her enjoying life’s little indulgences from her home in Georgia with her husband and two young sons.

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Wild Blueberry Snowballs

Makes about 3 dozen cookies



1 (12-ounce) bag slivered almonds
1 cup old-fashioned oats
½ cup all-purpose flour
¼ teaspoon salt
1½ cups frozen Wild Blueberries
½ cup Greek yogurt

¼ cup butter, softened
1 teaspoon vanilla extract
1¼ cups powdered sugar
Parchment paper
Powdered sugar

Preheat oven to 350°.

Process almonds in a food processor until very finely chopped. Add oats, flour and salt and process until mixture resembles coarse meal; pulse in Wild Blueberries just until chopped.

Beat Greek yogurt and butter at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add vanilla and 1¼ cups powdered sugar, beating well. Add Wild Blueberry mixture, beating just until blended.

Shape dough into ½-inch balls, and place on parchment paper-lined baking sheets.

Bake at 350° for 12 to 15 minutes or until edges are lightly browned. Cool on baking sheets 2 minutes. Transfer to wire racks, and cool 10 minutes. Roll cookies in powdered sugar.

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Wild Blueberry Egg Nog

Makes 4 servings

1 1/3 cups frozen Wild Blueberries
1 cup water or milk alternative
(*almond, coconut or rice*)
4 large organic eggs
(*see below for egg-free option*)
1/4 cup + 2 tablespoons sugar
(*see below for options*)

1 cup coconut cream or
full fat coconut milk
1 to 3 ounces bourbon, optional
1 1/2 teaspoons vanilla extract
1 teaspoon nutmeg
Cinnamon, for garnish

In a blender, puree the Wild Blueberries and water or milk alternative until smooth. Divide the eggs, placing the yolks in a mixing bowl and the whites in a separate mixing bowl. Blend the egg yolks for about 1 minute. Add 1/4 cup of the sugar and blend until dissolved. Blend in the coconut cream, bourbon (if using), vanilla, and nutmeg. Add the Wild Blueberry puree – if desired, pour it through a sieve into the mixing bowl to remove any large pieces. Blend until smooth. Whip the egg whites with the remaining 2 tablespoons sugar, using a blender or whisk, until frothy (thinner) or stiff peaks just begin to form (thicker). Fold or briefly blend the egg whites into the mixture. Chill until ready to serve. Garnish with ground cinnamon.

Egg-Free/Vegan: Omit the eggs, and grind 1/3 cup raw cashews in a spice grinder. Increase the water or milk alternative to 1 1/3 cups and the coconut cream to 1 1/3 cups. Place all ingredients in a blender and puree until smooth. This will thicken upon standing. For a thinner and nut-free option, omit the cashews, and increase the water and coconut cream to 1 1/2 cups each. For vegan and non-GMO, be sure to use organic sugar.

Sugar Alternative: For an unrefined beverage, use agave nectar in place of the sugar.



ALISA FLEMING

BLOG: GoDairyFree.org



Alisa Fleming is the founder of GoDairyFree.org, one of the most popular dairy-free websites with approximately 2 million visitors per year. She is the senior editor for *Allergic Living* magazine, and ambassador for the natural food community, and the author of the best-selling dairy-free book, "Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living." Alisa lives a dairy-free lifestyle, but her expertise spans many areas of the special diet community, including gluten-free and cooking for multiple food allergies.

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Wild Blueberry Gingerbread

Makes 18 servings



1 ½ cups frozen Wild Blueberries
3 cups + 2 tablespoons all-purpose
or white-wheat flour, divided
1 ½ teaspoons baking soda
(1 ¼ teaspoons above 3000 ft;
1 teaspoon above 6000 ft)
1 ½ teaspoons ground cinnamon
¾ teaspoon ground ginger
¾ teaspoon ground nutmeg

¾ teaspoon salt
1 ½ cups sugar (see below for options)
¾ cup rice bran, grapeseed, or canola oil
2 large eggs (see below for egg-free option)
6 tablespoons blackstrap molasses
1 ½ tablespoons apple cider vinegar
1 cup + 2 tablespoons water
Powdered confectioners' sugar, for topping

Preheat oven to 350°F and grease and flour a 9x13-inch baking dish.

Place the frozen Wild Blueberries and 2 tablespoons flour in a medium bowl and toss to evenly coat. Place the remaining 3 cups flour in a large bowl, and whisk in the baking soda, cinnamon, ginger, nutmeg, and salt. In a mixing bowl, blend the sugar, oil, egg, molasses, and vinegar until smooth. Stir in half of the flour mixture, followed by the water, and then the remaining flour mixture. Do not over mix; a few small lumps are okay. Gently stir in the Wild Blueberries with any residual flour. Pour the batter into your prepared baking pan, making sure to scrape out as much as you can. Bake for 40 to 45 minutes, or until a toothpick inserted in the center of the cake comes out clean. Let cool before cutting into slices. Plate and sift powdered sugar over top of each piece.

Sugar Alternatives: For a mellower unrefined sweetness, replace the sugar with coconut / palm sugar. I recommend grinding the coconut sugar to a powder in a spice grinder prior to adding it to your recipe.

Egg-Free/Vegan: Omit the eggs, increase the water to 1 ½ cups, and blend 1 tablespoon egg replacer (such as Ener-G) and 2 tablespoons cornstarch in with the wet ingredients until smooth. For vegan and non-GMO, be sure to use organic sugar or the coconut sugar alternative.

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BLOG: GoDairyFree.org



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Savory Wild Blueberry-Sage Jam



Makes 8-10 Servings

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| 2 tablespoons olive oil | ½ cup apple cider or unfiltered 100% apple juice |
| 1 small red onion, finely diced | ½ teaspoon salt |
| 2 tablespoons minced fresh sage | ¼ teaspoon ground black pepper |
| 3 cups (about 1.5 ounces) frozen Wild Blueberries | Pinch ground nutmeg, optional |
| 2 tablespoons balsamic vinegar | 2 teaspoons arrowroot |
| | 1 tablespoon water |

Set a medium saucepan over moderate heat and sauté the diced onion in olive oil until softened and aromatic; about 8-10 minutes. Add the sage, frozen Wild Blueberries, vinegar, salt, pepper, and nutmeg if desired. Mix to combine and cook, stirring periodically, until the Wild Blueberries have mostly burst and their juices have reduced. This should take about 15-20 minutes. Use the side of your spoon or spatula to lightly mash the berries to break them down further.

Mix together the arrowroot and water separately to create a slurry before adding it to the pan. Stir thoroughly and cook for just a minute or two longer until the mixture has visibly thickened. Let jam get to room temperature before either storing in a glass container or serving.

HANNAH KAMINSKY | **BLOG:** [BitterSweet \(bittersweetblog.com\)](http://BitterSweet (bittersweetblog.com))

Hannah Kaminsky is the author of "My Sweet Vegan," "Vegan a la Mode," "Vegan Desserts," and "Easy as Vegan Pie" and the creator of the award-winning BitterSweetBlog.com. She is a baker, a writer and a photographer. In addition to authoring cookbooks, she contributes regularly to *VegNews*, *Allergic Living* and *Laika* magazines. She has won accolades from Bravo, *VegNews*, the Well Fed Network and many others.



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Savory Wild Blueberry-Sage Crostini

Makes 8-10 Servings



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| 1 cup shelled pistachios, soaked for 2 hours | ½ teaspoon salt |
| 1 clove garlic, optional | 1 multigrain baguette, cut into ½-inch slices, toasted |
| 1 6-ounce container greek-style plain vegan yogurt | ¼ cup shelled pistachios, toasted |
| 1 tablespoon lemon juice | Small fresh sage leaves |
| 2 tablespoons nutritional yeast | Dollop of Wild Blueberry sage jam |
| 1 tablespoon chopped parsley | |

For the pistachio ricotta, rinse and drain the soaked pistachios before placing them in the bowl of your food processor, along with the optional garlic, vegan yogurt, lemon juice, nutritional yeast, parsley, and salt. Pulse to begin breaking down the nuts, pausing to scrape down the sides of the bowl with your spatula to ensure that everything is getting incorporated. Continue pulsing until the mixture is fairly smooth, but not completely. You want to have a bit of texture left to it, like the small curds in ricotta.

To assemble, smear a thick layer of the pistachio ricotta on top of a piece of toasted baguette, and spoon a dollop of the Wild Blueberry-sage jam (*see recipe on page 6*) over that. Sprinkle lightly with pistachios and just a few leaves of sage each. Repeat with the remaining ingredients and serve immediately.

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Wild Blueberry-Chai Hot Chocolate

Makes 3 Servings



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2½ cups unsweetened non-dairy milk
1 tablespoon black tea leaves
½ teaspoon ground cinnamon
¼ teaspoon ground cardamom
¼ teaspoon ground ginger
⅛ teaspoon ground cloves

1½ cups frozen Wild Blueberries,
thawed
4 ounces (¾ cup) semi-sweet
chocolate chips
2-3 tablespoons light agave nectar

Combine the non-dairy milk of your choice with the black tea in a medium saucepan. Set over medium heat and bring just to the brink of boiling. Before the bubbles become too lively, turn off the heat, cover, and let stand for 20-30 minutes to infuse, depending on how strong you want the tea. Strain out the spent leaves, discard, and return the milk tea to the stove, setting aside ½ cup.

Place the ½ cup of liquid that you removed in a blender along with the thawed Wild Blueberries. Blend thoroughly on high speed for at least 3-4 minutes, until completely smooth. If your blender doesn't have much power, strain the puree before adding it to the saucepan as well.

Vigorously whisk in all the spices, being careful to break up any clumps before turning the heat back on to medium-low. Add the chocolate, stirring gently but continuously until the chips have melted and the entire mixture is piping hot. Incorporate the agave, to taste.

Carefully pour into three small mugs, and enjoy!

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A stylized illustration of a blueberry branch with several blueberries and green leaves, rendered in a light green and blue color palette. The branch curves across the top and sides of the page, framing the central text.

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to go Wild!

For more recipes and other good stuff,
visit wildblueberries.com