

WILD BLUEBERRY RECIPES



wild
taste of
summer





REGULAR VS. WILD
See and taste the difference

This summer, *go wild!*

SUMMER IS HERE AND SO ARE FANTASTIC RECIPES.

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 pack more intense blueberry flavor and double the antioxidants of regular blueberries! Born of the thin, glacial soils of Maine, Eastern Canada and Quebec, these mighty wild berries will add sizzle to any summer recipe. So dish up some deliciousness—and go wild with these wonderful Wild Blueberry recipes!

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

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





Wild Blueberry Balsamic Dressing

YIELDS 1 ½ CUPS

INGREDIENTS

1 cup frozen Wild Blueberries (defrosted)	1 tsp. Dijon mustard
¼ cup balsamic vinegar	1 tsp. agave or maple syrup
¼ cup extra virgin olive oil	½ tsp. salt (to taste)

INSTRUCTIONS

Add all ingredients to a mini food processor or blender. Blend until smooth.
Serve over your favorite salad. Like this spinach, feta and walnut masterpiece.
Or...drizzle over grilled chicken or fish.



Heidi Diller

| **BLOG:** Better Than Dorm Food (betterthandormfood.com)

Heidi Diller is a Registered Dietitian who works in the retail food industry and lives in Southern California. She started her blog, *Better Than Dorm Food*, for her two college-aged sons who were living away from home so she could help them learn to cook – she called it a recipe resource just for them. Since that time, her blog has blossomed and Heidi has a loyal following of readers. On her blog, Heidi now encourages people to learn how to prepare healthy, quick and easy meals beyond boxed noodles and macaroni and cheese. Readers will find simple healthy recipes with mostly servings for one or two, tips for beginner cooks and information on how to cook on a budget, shop locally and eat seasonally. Heidi says she's all about teaching her readers to find their own way in the kitchen because cooking at home is the gateway to health.

For more *Wild Blueberry* recipes visit wildblueberries.com



Wild Blueberry Lemon Cream Cheese Pound Cake

SERVES 14

INGREDIENTS

Pound Cake:

3 cups flour
1 tsp. salt
6 large eggs, room temperature
2 tsp. vanilla
1 tbsp. fresh lemon juice
Zest from 1 lemon
3 cups sugar
1 ½ cups unsalted butter, softened
8 oz. Greek cream cheese, softened
1 ½ cups frozen Wild Blueberries

Lemon Glaze:

½ cup confectioners sugar
1-2 tbsp. fresh lemon juice

Wild Blueberry Lemon Sauce (optional):

2 cups frozen Wild Blueberries
¼ cup limoncello (lemon liqueur)
1 tsp. cornstarch mixed with 1 tbsp. cold water

INSTRUCTIONS

Adjust oven rack to middle position, and preheat oven to 300°F. Spray and lightly flour a 12 cup non-stick Bundt pan. Combine flour and salt in a bowl. Whisk eggs, vanilla, lemon juice and zest in a separate bowl. Using a stand mixer with a paddle, beat butter, cream cheese and sugar on medium-high speed for about 3 minutes, or until fluffy. Reduce speed to low and slowly add egg mixture until blended. Add flour mixture in 3 additions, scraping down sides of the bowl as needed. Give batter a final stir by hand, and fold in Wild Blueberries. Pour batter into prepared pan. Bake until toothpick inserted in center comes out clean, 90-100 minutes. Cool cake in pan for 20 minutes. Gently remove cake from pan, and let cool completely, about 2 hours.

For Glaze

Mix confectioners sugar with 1 tablespoon fresh lemon juice until well blended. If necessary, add up to an additional tablespoon of lemon juice to thin to desired consistency. Spoon glaze over cake when it is completely cool, letting it run down the sides.

For Wild Blueberry Lemon Sauce (optional)

Pour Wild Blueberries and limoncello into a small saucepan and bring to a boil. Reduce heat to a simmer, and add cornstarch-water mixture. Stir well until mixture thickens slightly. Cool. Serve cake with Wild Blueberry sauce spooned over slices if desired. Cake can be wrapped in plastic or stored in an airtight container at room temperature for 3-4 days.



ANNE DANAHY | **BLOG:** Craving Something Healthy (cravingsomethinghealthy.com)

Anne Danahy is the blogger behind *Craving Something Healthy*. She is a Registered Dietitian/Nutritionist. Her blog is about inspiring people to eat more healthfully, even if it's one meal or one recipe at a time and she shares recipes, cooking and healthy eating tips that she uses in her own kitchen with her readers. Anne says she is fascinated by the relationship between health and food and loves to share what she's learning about the ever-evolving research in her field. Anne lives near Boston with her husband of 27 years and is the mom to two almost grown children. She is an avid cookbook-collector, loves working in her garden, exercising in the warm weather, and has a passion for home improvement and decorating.

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Wild Blueberry Lemon-Thyme Granita

SERVES 6 (SERVING SIZE: 1 CUP)

INGREDIENTS

$\frac{2}{3}$ cup water
 $\frac{1}{2}$ cup sugar
 $\frac{2}{3}$ cup lemon juice

Zest of one lemon, finely grated
5 sprigs of fresh thyme
3 cup frozen Wild Blueberries (defrosted)

INSTRUCTIONS

In a medium sauce pan over medium-high heat, bring the water and sugar to a boil. Reduce the heat to simmer until the sugar has completely dissolved. Add the lemon juice, zest and thyme and let sit until completely cool, about 30 minutes. Meanwhile, puree the Wild Blueberries using a blender. Once the lemon-thyme syrup has cooled, remove the thyme sprigs, and add to the blender and blend to combine. Pour liquid into a shallow glass baking dish and place in the freezer. Every 45 minutes, stir the semi-frozen mixture with a fork until firm, about 4 hours. Before serving, scrape the surface with a fork until granular crystals form. Scoop and serve.



KARA LYDON | **BLOG:** [The Foodie Dietitian \(karalydon.com/blog\)](http://karalydon.com/blog)

Kara Lydon is a Boston-based Registered Dietitian Nutritionist and Nutrition & Culinary Coach. A true foodie at heart, Kara believes that food is meant to be treasured, celebrated, and savored. She encourages her clients to understand how food affects their bodies and focus on the enjoyment of eating what they love in moderation. Her blog, *The Foodie Dietitian*, is meant to give you the tools and resources you need to move through the kitchen with confidence and ease – simple, delicious recipes to keep in your arsenal, and tips to stay mindful throughout your personal nutrition journey. When she's not blogging, Kara partners with like-minded food brands and organizations on recipe development, food photography, and nutrition communications. Because of her health and wellness expertise, she is highly sought after by the media and has been featured in a variety of publications including *Today's Dietitian*, *Shape*, *Dot Complicated*, *Tennis View*, *Fitness* and *Fitbie*.

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Wild Blueberry & Spinach Turkey Burgers

SERVES 4

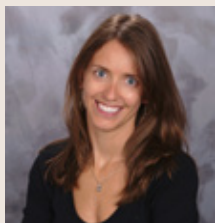
INGREDIENTS

1 pound ground turkey
2 cloves garlic, minced
½ cup frozen Wild Blueberries
5 oz. frozen, chopped spinach
(defrosted and squeezed to remove water)
2 strips bacon, cooked and chopped

¼ cup crumbled feta cheese, optional
(can omit & top with cheese)
Freshly ground black pepper, to taste

INSTRUCTIONS

Combine all ingredients in a large bowl, mixing with your hands until combined. Form into 4 patties, making sure to form an indent in the top with your thumbs. Cook in a hot pan or on a grill until internal temperature reaches 165°F, flipping occasionally. Top with lettuce, tomato, cheese, mustard or other toppings as desired.



LINDSAY LIVINGSTON | **BLOG:** The Lean Green Bean (theleangreenbean.com)

Lindsay Livingston is a Registered Dietitian in Columbus, Ohio who works in nutrition communications. She is passionate about nutrition and healthy living and on her blog, *The Lean Green Bean*, she creates and shares simple, healthy recipes, nutrition tips, information about her workout routine and a little about her life with her husband, four pets and a baby on the way! Her philosophy is that life is all about being balanced, simple and real.

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Wild Blueberry Ice Cream

SERVES 8

INGREDIENTS

2 cups frozen Wild Blueberries
 $\frac{2}{3}$ cup sugar
 $1\frac{1}{4}$ cups heavy cream

$\frac{3}{4}$ cup 2% milk
1 cup crumbled Graham Crackers
 $\frac{1}{2}$ cup dark chocolate chips

INSTRUCTIONS

Combine first four ingredients in a blender and blend until well mixed. Pour into ice cream maker (do not overfill). Turn on ice cream maker and let run for approximately 20 minutes. As the ice cream starts to thicken, you may need to scoop out some if your ice cream maker gets too full. Consider it a taste testing opportunity! About 2 minutes before turning off, pour in graham crackers and chocolate chips and let run until mixed in.



LINDSAY LIVINGSTON | **BLOG:** The Lean Green Bean (theleangreenbean.com)

Lindsay Livingston is a Registered Dietitian in Columbus, Ohio who works in nutrition communications. She is passionate about nutrition and healthy living and on her blog, *The Lean Green Bean*, she creates and shares simple, healthy recipes, nutrition tips, information about her workout routine and a little about her life with her husband, four pets and a baby on the way! Her philosophy is that life is all about being balanced, simple and real.

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Wild Blueberry Vietnamese Iced Coffee

YIELDS 1 CUP

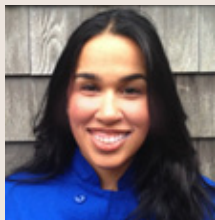
SYRUP INGREDIENTS

- 1 cup water
- 1 cup raw sugar
- 1 cup frozen Wild Blueberries
- 1 tbsp. green cardamom pods, crushed

INSTRUCTIONS

Over medium heat in a small sauce pan, simmer the water, sugar, Wild Blueberries, and cardamom pods for 5 minutes. After the mixture comes to a slow boil, turn down the heat to low and slowly reduce to half, about 15 minutes.

Two hours before serving: 1) brew espresso or coffee with your favorite method and pour into ice trays and freeze until solid 2) Place a few coffee ice cubes in a glass, drizzle with Wild Blueberry & cardamom syrup 3) Sweeten with condensed milk 4) Top with fresh espresso that has been chilled



MARNELY RODRIGUEZ-MURRAY | **BLOG:** Cooking with Books (cookingwithbooks.net)

Marnely Rodriguez-Murray is a Culinary Institute of America trained chef and the author of the food and travel blog *Cooking with Books*, which features fantastic and inspiring recipes influenced by her hometown of Santo Domingo, Dominican Republic, and the ingredients that surround her on Martha's Vineyard. Marnely has had many interesting careers working as an overnight baker in Colorado, a chocolatier in Virginia and in her current role as a pastry chef on Martha's Vineyard. She started her blog several years ago to capture her travels and share her food experiences. She is also a food and travel writer for *SheKnows* and does recipe development for a variety of brands.

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Wild Blueberry Savory Pizza

SERVES 8

INGREDIENTS

For the Dough:

1 tbsp. dry yeast (not quick-acting)
1 cup water
1 ½ tsp. salt
1 cup whole wheat
1 ⅓ cups white bread flour
2-3 tsp. olive oil (to oil the work bowl
before the 1st rise)

For the Topping:

2-3 tbsp. olive oil
1 ½ tsp. thyme, freshly minced
8 sprigs of thyme
½ large onion
¾ cup fresh, or frozen Wild Blueberries
½ cup crumbled feta cheese

INSTRUCTIONS

In the bread work bowl, mix the yeast with a cup of warm water (100°F - 110°F) and allow it to sit for five minutes. Add the salt, the whole wheat flour and the white flour. Knead the dough for 7-8 minutes, until the dough comes together in ball and is soft and supple. Add a little more flour if needed so it comes together. Remove the dough from the work bowl, add 2 tsp. olive oil to the bowl, spreading it around. Turn the ball of dough smooth side down into the bowl and then flip it upright so the smooth side faces up. Cover the bowl with plastic and let it rise about 1 ½ hour. After the dough has risen, roll it out into circle 13-inches wide. Place it on a sheet of parchment on top of your pizza pan or stone. Let it rest another 30 minutes. After the dough has rested 15-20 minutes, pre-heat the oven to 425° and begin to put the ingredients on the dough. To do this you will first, brush the dough with 1-1 ½ tbsp. olive oil, and then sprinkle with the minced thyme. Next, cut the onion into small wedges and push the onion wedges into the dough all over the pizza. Top with the Wild Blueberries and bake 20 -30 minutes until the dough is cooked, and the top is lightly browned. Brush lightly with olive oil before serving.



MIREYA MERRITT | **BLOG:** My Healthy Eating Habits (myhealthyeatinghabits.com)

Mireya Merritt is a graduate of the California Culinary Academy (Le Cordon Bleu) and has always loved to create tasty food. She started her blog, *My Healthy Eating Habits*, to share what she has learned about eating and cooking for friends and family. A Rheumatoid Arthritis sufferer, her blog also shares what she has learned about preparing anti-inflammation whole foods. She says she hopes her blog inspires people to try new foods and to find that eating healthy anti-inflammation foods can be satisfying and delicious.

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Wild Blueberry Coconut & Ginger Smoothie

SERVES 1

INGREDIENTS

1 cup frozen Wild Blueberries
1 cup 2% plain yogurt
¼ cup light coconut milk

2 tbsp. unsweetened, shredded coconut
½ tsp. grated fresh ginger

INSTRUCTIONS

Place all ingredients in a blender and blend until smooth. Serve immediately.



RACHAEL 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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Make summer sizzle.



Pick **Wild.**

Wild
Blueberries™

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