

Blueberry Fields of Stillwater Favorite Recipes 2008

9450 Mendel Road North

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Healthy Blueberry Pancakes with Blueberry Syrup

1 1/4 c. whole wheat flour	Blueberry Syrup (www.cooks.com)
1 c. regular rolled oats	1/2 c. sugar
1/4 c. toasted wheat germ	1/4 c. light corn syrup
1 T. ground flax seeds	1 T. cornstarch
1 T. baking powder	2 t. lemon juice
1/2 t. salt	1/4 c. water
1/4 t. baking soda	2 c. blueberries
2 eggs, lightly beaten	
2 c. buttermilk or (2 T. lemon juice in 2 c. milk and let sit for 5 min)	Mix sugar and cornstarch; then dissolve in water. Add rest of ingredients and bring to a boil. Cook until slightly thickened.
1/4 c. canola oil (or veg. oil)	Serve warm over pancakes.
2 T. brown sugar or honey	
1 c. blueberries (or as many as you want)	

In a large bowl, mix the dry ingredients. Make a well in center of bowl and set aside. In a small bowl, use a fork to beat the wet ingredients. Add to large bowl in the well area and stir only until moistened. Dust blueberries with a little flour and fold into pancake batter. Prepare pancakes using 1/4 c. batter on a hot, slightly oiled griddle or heavy skillet.

Baked Blueberry-Pecan French Toast (adapted from www.recipezaar.com)

French Toast:

1 loaf of French bread (about 24")
6 large eggs
3 c. milk
1/2 t. cinnamon (may try nutmeg)
1 t. vanilla
1 c. packed brown sugar (divided)
1 c. pecans, very coarsely chopped
1/4 c. butter
1/4 t. salt
2 c. blueberries

Sauce:

1 c. blueberries
1/2 c. maple syrup
1 T. lemon juice

Spray 9x13 pan. Cut bread into 20 1" slices and arrange in one layer in prepared pan. In large bowl, whisk eggs, milk, cinnamon, vanilla and 3/4 c. of the brown sugar. Pour over bread. Cover and chill until all liquid is absorbed by bread, at least 8 hours, and up to 1 day. Preheat oven to 350. In a

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shallow baking pan, toast pecans in middle of oven until fragrant, about 8 min. Toss pecans with 1 t. butter and salt. Increase oven temp. to 375. Sprinkle toasted pecans and blueberries evenly over bread mixture. In a small saucepan, melt 1/4 c. butter with remaining 1/4 c. brown sugars, stirring well until sugar is dissolved. Drizzle butter mixture over bread and bake for 35 min. or until any liquid from blueberries is bubbling.

Sauce: Cook blueberries, maple syrup, and lemon juice for a few minutes until berries burst. Serve French Toast with warm syrup.

Fresh Blueberry Cobbler from Betty Crocker

	1c. flour
1/2 c. sugar	1 T. sugar
1 T. cornstarch	1 1/2 t. baking powder
4 c. blueberries	1/2 t. salt
1 t. lemon juice	3 T. shortening (or a 1/4 c. oil)
	1/2 c. milk

Preheat oven to 375 degrees. Blend 1/2 c. sugar and the cornstarch in med. saucepan. Stir in blueberries and lemon juice. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 min. Pour into ungreased 2 quart casserole. Then mix flour, 1 T. sugar, baking powder, and salt into bowl. Add shortening and milk. Mix lightly. Drop dough by 6 spoonfuls onto hot fruit. Bake 25-30 min. or until biscuit topping is golden brown. (Best served warm with ice cream!!) I double this recipe and bake in a 9x13 pan.

Fresh Blueberry Pie (from Bernie Haberle)

9" Baked Pie Shell	3 T. cornstarch
6 cups fresh blueberries	1/2 cup water
1 cup sugar	**1 package (3oz) cream cheese, softened (optional)

Bake pie shell and cool. Mash enough berries to measure 1 cup. Stir together sugar and cornstarch. Gradually stir in water and crushed blueberries. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir one minute. Cool. Beat cream cheese until smooth; spread on bottom of baked pie shell. Mix the remaining berries with the cooked berry mixture and pour into pie pan. Chill. Best when served with whip cream.