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helps large,
global companies

meet strategic business goals through **custom** learning and performance solutions for workforce improvement, sales and marketing, and channel partners. With a focus on overall organizational goals, not one training course at a time, our **innovative** solutions will help your business succeed.

Three very important attributes distinguish Media 1: accessibility, agility, and effectiveness. We break through traditional pillars and boundaries, and are adept at blending the best practices of multiple disciplines—as evidenced by our own evolution from our early roots in 1993 as a technical communications firm through our growth into an **award-winning** business partner in corporate learning and performance.

We build long-term, productive relationships with our clients and leverage our extensive **expertise** to provide you with practical solutions grounded in adult learning theory and instructional design. We succeed when you succeed. Contact us to learn how.



Blueberry
Recipes

Media 1

is cooking

with innovation

every day.

Enjoy!



It's the Berries!

That was a popular saying in the 1920s. It meant “awesome” or “spectacular” and was the rough equivalent of “the bee’s knees” or “the cat’s meow.”

Here at Media 1, we think you’re “the berries!” Friends and colleagues like you helped us grow from our humble start in a back bedroom office on the Willis family blueberry farm back in March of 1993 to the award-winning, world class learning and performance consultancy we are today.

So, this year we decided to honor you—and our roots—by pooling our talents to create this very special little recipe booklet. Some of our recipes are **old**—family recipes that our parents and grandparents handed down. Some are **new** twists on old favorites. One or two are **borrowed** from other team members. But all of them, of course, are very, very **blue!**

We hope you enjoy this little homage to the humble blueberry as much as we enjoyed creating it for you. Hidden inside these pages is much creative thought, talent, effort, camaraderie, and even a bit of love. Just like in every project we do.

Very best!



Chris Willis, CEO
Media 1



Table Talk

No Place Like Home—Michigan Blueberries

There’s no food more basic than blueberries. This beautiful, deep blue berry is one of the few fruits native to North America. A staple of our early ancestors, they continue to be a favorite summer treat. Michigan is the largest blueberry-producing state in the U.S., with most of the acreage located right here in the Grand Haven area. Thank you for allowing us to share a “taste of home” with you.

Missing that Jar of Blueberry “Jam?”

Locally made premium blueberry preserves, packed with whole berries, are available at The Blueberry Store. The store is dedicated to blueberry lovers everywhere offering fresh berries, frozen, dried, chocolate-covered, dipped in salsa, covered in barbecue sauce, squeezed for juice, not to mention jams and preserves.

The Blueberry Store
www.theblueberrystore.com
Toll Free: (877) 654-2400

Blueberry Benefits

Luscious, sweet blueberries offer a nutrition profile fit for the new millennium. They are loaded with antioxidants that promote digestive health, lower cholesterol, and may even help fight Alzheimer’s disease. They’re low in fat, sodium free, and a good source of both fiber and vitamin C. In fact, a one cup serving of fresh blueberries will give you 3.6 grams of fiber—more than most fruits and vegetables—and 15% of your daily vitamin C at a cost of only 80 calories.

www.blueberry.org

HP Indigo and Grandville Printing Company

Media 1 is proud to have earned a long-standing relationship as a strategic learning and performance vendor for HP. So when it came time to find a printing vendor for our cookbook there was no question about what kind of press we wanted it printed on. We chose Grandville Printing here in West Michigan because they are a printing company with a vision. By using HP Indigo presses, they offer the convenience of short-run, full-color digital printing at its best. Printing only what you need saves money, waste, office storage space, and ink. Many thanks to both HP and Grandville Printing for helping bring our culinary efforts to life.

www.gpco.com
www.hp.com/go/indigo



Everything's Better with Blueberry Topping

Yield: about a pint

1 tablespoon cornstarch
 ¼ teaspoon cinnamon
 ½ cup water
 2 tablespoons honey (or sugar); more if berries are sour variety
 2 cups fresh or frozen blueberries

In a small saucepan combine cornstarch, cinnamon, water, and honey or sugar; blend well. Stir in 1 cup of the blueberries. Simmer over medium heat for 3 minutes or until mixture boils and thickens, stirring constantly. Stir in remaining blueberries and cook until desired consistency. If you prefer a smoother sauce, add all of the berries at the beginning and cook longer.

Serve warm, spooned over French toast or pancakes; chill to serve over ice cream or as blueberry shortcake. Refrigerate or freeze to store.

To create a chilled blueberry pie or to fill tart shells, double the recipe. Add a little more cornstarch to thicken and reserve ¾ of the berries until after you have removed the thickened mixture from the heat. Allow to cool somewhat before stirring in the remaining berries.

Optional:

Substitute water with 1 cup port wine. Add a pinch of allspice or ½ teaspoon vanilla extract.



Bruce Duff

Controller

This is a very versatile recipe and easily halved or doubled. Keep some on hand for pies or ice cream. It's even good on oatmeal!

Blueberry Fields...Forever

The folks at Media 1 love food and love sharing food with each other. We hold potluck lunches and enjoy frequent morning treats. So when the idea of a cookbook came up, everyone jumped on board. And since our company roots are deeply blueberry, the focus of our cookbook was a foregone conclusion. Just for fun, we decided to make it a contest with everyone casting silent ballots for their choice of Cream of the Crop, "Blue" Ribbon, and Most Creative Use of Blueberries. The incredibly tasty variety of dishes made judging a challenge, and at the end of the day everyone went home happy and satisfied. We hope you enjoy our recipes as much as we did. Look for more recipes from time to time on our website, www.media1.us.

Index

Blueberry Sour Cream Cake	3
Blueberry & Chocolate Marble Cheesecake	4
Blueberry-Peach Panna Cotta	5
Black & Blue BBQ Sauce	6
Blueberry Chipotle Sauce	6
Blueberry Crisp Parfait	7
Blueberry Infused Martini	8
Blue Balls (Blueberry Rum Balls)	9
Blueberries in the Snow	10
Mmmmm...GO BLUE!-berry Crumble	11
Blueberry Smoothie	12
Easy Candied Walnuts	13
Naked Blueberries	13
Blueberry Spinach Salad	14
Blueberry Brain Freeze	15
Blueberry Cheesecake Popsicles	16
Blueberry Bundles	17
Whole Wheat Blueberry Bread	18
Blueberry Pecan Cheesecake	19
Blueberry French Toast Pudding	20
Oatmeal Blueberry Muffins	21
Cantaberry Surprise	22
Rhuberry Crisp	23
Blueberry Ginger Sorbet	24
Everything's Better with Blueberry Topping	25
Table Talk	26

Blueberry Sour Cream Cake

16-18 servings

2 cups fresh or dry-packed frozen blueberries, rinsed and drained	1 cup sour cream
2 cups sifted all-purpose flour	1 teaspoon baking soda
½ cup (1 stick) butter or margarine, softened	1 teaspoon vanilla
1 cup sugar	½ teaspoon salt
3 eggs	½ cup firmly packed brown sugar
	½ cup chopped nuts
	½ teaspoon cinnamon
	Confectioners' sugar

Heat oven to 350°F. Lightly toss blueberries with 2 tablespoons flour; set aside.

In a large mixing bowl with an electric mixer on medium speed, cream butter until light and fluffy. Beat in sugar. Add eggs one at a time, beating until smooth after each addition. Stir in remaining flour, sour cream, baking soda, vanilla, and salt. Beat until smooth and well blended. Fold in blueberries. Spread half of batter in a 13x9x2-inch baking pan.

In bowl, mix brown sugar, nuts, and cinnamon. Sprinkle mixture evenly over top of batter. Spread remaining batter over top. Bake 40 to 45 minutes or until a cake tester comes out clean. Cool in pan. Sprinkle with confectioners' sugar.



Penny Maki

Office Administrator

Thirty years ago while we were building our cabin up north my Grandma helped with outdoor cooking and care of the baby. She found this recipe in a magazine and every time I make it I think of her. It has remained a family favorite and I still have her now dog-eared, handwritten copy of the recipe.

Blueberry Ginger Sorbet

Yield: 1 quart

½ cup sugar
 ½ cup water
 2 pints blueberries (4 cups)
 1 tablespoon vodka or berry liqueur (*page 8*)
 1 tablespoon lemon juice
 1 tablespoon lime juice
 1 tablespoon finely chopped crystallized ginger
 Pinch of salt

Make a simple syrup by combining sugar and water in a saucepan. Bring to a boil; simmer over medium heat, stirring occasionally, until the sugar is completely dissolved. Cool completely, then refrigerate for at least two hours.

Place the blueberries in a saucepan with ¼ cup of the simple syrup. Over medium heat, bring the blueberries to a boil, and then bring the heat to low and simmer for 10 to 15 minutes, until the berries have all popped and released their juices. Remove from heat and cool completely.

Puree the berry mixture in a blender or food processor until smooth. Strain through a fine mesh sieve. You should have about 2½ to 3 cups of puree.

Add the vodka, lemon juice, lime juice, salt, and all but 1 tablespoon of the remaining syrup. Mix and taste to ensure the balance of the sweet and tart is to your liking. Add the remaining simple syrup or more lemon juice if needed, keeping in mind that the ginger will add extra sweetness. When the mixture is seasoned to your taste, stir in the chopped crystallized ginger.

Freeze in an ice cream maker according to manufacturer's directions.

Mike Wykes

Instructional Consultant & Producer

The hard part about this recipe is the waiting. Make the mixture, and put it in the machine—waiting. Put it in the freezer overnight to harden—more waiting. But what if I want it now? Isn't that how we feel about ice cream and sorbets? We want them now! (Well this recipe IS worth the wait!)



Rhuberry Crisp

8-10 servings

1 cup flour
 ½ cup oatmeal
 ¼ cup sugar
 ¼ cup brown sugar
 ½ teaspoon salt
 6 tablespoons butter

1 tablespoon cold water
 2 cups rhubarb
 2 cups blueberries
 ½ cup sugar
 2 tablespoons flour

Heat oven to 450°F.

Combine first 7 ingredients. Mix to form crumbs. Set aside.

Combine last 4 ingredients and put in an 8x8-inch pan. Sprinkle crumb mixture over the top. Bake at 450°F for 10 minutes, and then reduce heat to 375°F for 25 to 30 minutes.



Chris Czinder

Multimedia Developer

For a guy who insisted he couldn't boil water, Chris surprised us all by creating this tasty dish. There was no boiling involved, but we're still not exactly sure how he pulled it off!

Blueberry & Chocolate Marble Cheesecake

10 -12 servings

40 vanilla wafers crushed
 (makes about 1¼ cups)
 ¼ cup powdered sugar
 ¼ cup cocoa
 ¼ cup (½ stick) melted butter or margarine
 3 packages (8 ounces each) cream cheese, softened

1 cup sugar, divided
 1½ teaspoons pure vanilla, divided
 3 eggs
 ¼ cup cocoa
 1 tablespoon vegetable oil
 ¾ cup blueberry jam
 3 tablespoons all-purpose flour
 Blueberry Topping (page 25)
 Fresh blueberries

For crust:

Preheat oven to 350°F. Stir together vanilla wafers, powdered sugar, and cocoa in bowl. Stir in melted butter or margarine a little at a time until completely mixed into wafer crumbs; using a fork helps. Press mixture onto bottom and a half-inch up the side of a 9-inch springform pan. Bake 8 to 10 minutes; cool slightly.

For filling:

Preheat oven to 425°F. Beat cream cheese, ¾ cup sugar, and 1 teaspoon vanilla in large bowl until smooth. Add eggs; beat until well blended. Divide batter in half. To one half add cocoa and remaining ¼ cup sugar. Add oil and remaining 1/2 teaspoon vanilla; blend well. To the remaining batter add jam and flour; blend well. Pour half of the blueberry filling into prepared crust. Drop small spoonfuls of chocolate mixture over blueberry. Repeat procedure, alternating blueberry filling and chocolate filling, ending with chocolate on top. Gently swirl with a knife or metal spatula for a marbled effect.

Bake 10 minutes. Reduce oven temperature to 250°F. Continue baking 55 minutes or until center appears set. Remove from oven to wire rack. With a knife, loosen cake from side of pan. Cool completely; remove side of pan. Cover; refrigerate several hours before serving.

To serve:

Drizzle with Blueberry Topping (page 25) and garnish with fresh blueberries.

Ulysses Melen

Project Manager

This is my favorite cheesecake recipe—a great combination of blueberries and chocolate. I make it every Thanksgiving and Christmas for family and friends.

Get creative and substitute any favorite fruit in place of blueberries.



Blueberry-Peach Panna Cotta

12 servings

- ¼ cup plus 1 tablespoon skim milk
- 1 envelope unflavored gelatin (.25 ounce)
- 2½ cups heavy cream
- ½ cup white sugar
- 1½ teaspoons vanilla extract
- 1 can blueberry pie filling (13 ounces)
- ½ cup sliced peaches

Combine milk and gelatin powder in a small bowl and set aside. In a saucepan, stir together the heavy cream and sugar, and set over medium heat. Bring to a full boil, stirring constantly, as the cream will quickly rise to the top of the pan. Pour the gelatin and milk mixture into the cream, stirring until completely dissolved. Cook for one minute, stirring constantly. Remove from heat; stir in the vanilla extract.

Pour Panna Cotta into individual 4 ounce non-stick ramekin dishes. Cool the ramekins uncovered at room temperature. When cool, cover with plastic wrap and refrigerate overnight.

Drain liquid from peaches and cut slices into quarters. Mix peaches with blueberry pie filling.

To serve, run a hot knife around Panna Cotta to loosen. Turn out onto individual plates and spoon filling over each.



Kate Prior

Instructional/Technical Writer

Simple and elegant, this panna cotta recipe is an easy way to dress up a meal. The blueberry-peach topping gives it added appeal.



Cantaloupe Surprise

6 servings

- 2 small cantaloupes
- 1 package (3 ounces) of lime JELL-O® Gelatin (any flavor or sugar free)
- ¾ cup boiling water
- ½ cup cold water
- Ice cubes
- ¾ cup blueberries

Cut the melons into halves lengthwise. Scoop out seeds and drain well.

Dissolve gelatin in boiling water. Combine cold water and ice cubes to make 1¼ cups. Add to gelatin. Stir until slightly thickened. Remove any un-melted ice. Add blueberries.

Place melon halves in small bowls. Spoon gelatin mixture into the scooped area of the melon halves. Chill until firm. Cut into wedges.

Deb Woudenberg

Instructional Consultant & Producer

My favorite recipes are quick and easy dishes cleverly disguised as culinary feats. This filled cantaloupe qualifies!



Oatmeal Blueberry Muffins

12 servings

1 cup oats	¼ teaspoon salt
½ cup white flour	½ cup fresh blueberries
½ cup whole wheat flour	¾ cup applesauce
½ cup brown sugar	2½ tablespoons oil
2 teaspoons baking powder	1 egg
½ teaspoon cinnamon	1 teaspoon vanilla
¼ teaspoon baking soda	

Place oven rack in middle position and preheat oven to 400°F. Grease muffin pan.

Stir together flour, baking powder, baking soda, spices, and salt in a bowl. Whisk together egg, oil, and brown sugar in a large bowl until combined well. Stir in applesauce and blueberries. Fold in flour mixture and stir until flour is just moistened. Divide batter among muffin cups.

Bake until muffins are puffed and golden, about 20 to 25 minutes. Cool in pan on a rack 5 minutes, then remove muffins from pan and cool.



Scott Byers

Content Director

These muffins are simple, low-fat, and a cinch to make but remain a family favorite. Dinner guests always ask for the recipe.

Black & Blue BBQ Sauce

Yield: about 2½ cups

¼ cup red wine	Pinch coriander
2½ tablespoons Worcestershire sauce	1 tablespoon Black Bean Garlic Sauce (available in the Asian food aisle of most grocery stores)
¼ cup teriyaki sauce	¼ cup ketchup or tomato paste
1 cup blueberries	2 cloves garlic, minced
¼ cup maple syrup	

Combine wine, Worcestershire, teriyaki, blueberries, and maple syrup in a small saucepan over medium heat. Cook gently and stir until blueberries soften. Mash with the back of a spoon and continue cooking over low heat. Add remaining ingredients and cook a few more minutes. Cool and store in an airtight jar. Should keep several weeks in the refrigerator.

Blueberry Chipotle Sauce

Yield: about 2½ cups

2 teaspoons Balsamic vinegar	¼ cup finely minced onion
1 cup blueberries	¼ cup chipotle sauce (available in the Mexican food aisle of most grocery stores)
½ cup red wine	¼ cup ketchup
¼ cup dark brown sugar, packed	
2 teaspoons olive oil	

Combine wine, blueberries, vinegar, and brown sugar in a small saucepan over medium heat. Cook gently and stir until blueberries soften. Mash with the back of a spoon and continue cooking over low heat.

Saute onions in olive oil until transparent. Add to sauce. Add remaining ingredients and cook a few more minutes. Cool and store in an airtight jar. Should keep several weeks in the refrigerator.

Vickie Morgan

Business Development

At Vickie's house the grill gets used more than the stove, but no one could believe that a barbecue sauce could include blueberries. That is, until we tasted her original recipe. Who needs Bobbie Flay?



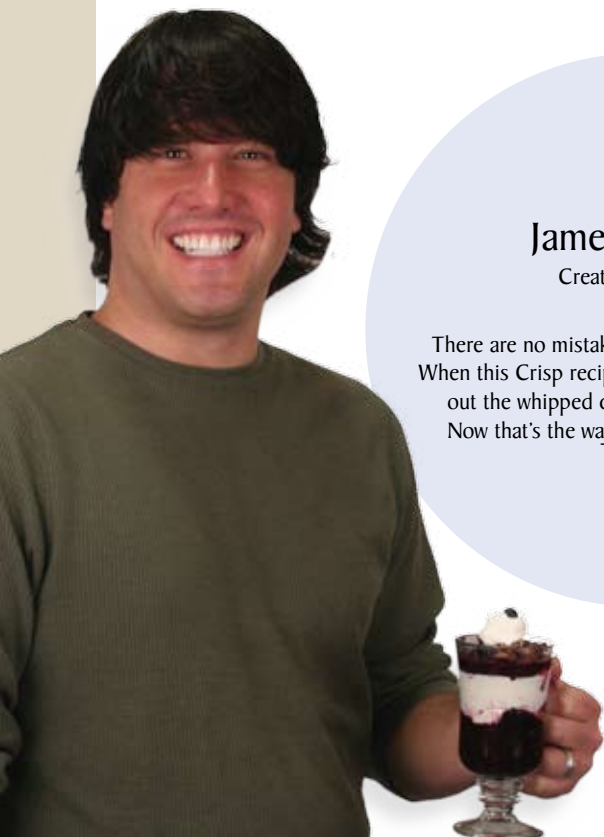
Blueberry Crisp Parfait

4-6 servings

3 cups blueberries
 1 tablespoon brown sugar
 2 teaspoons all-purpose flour
 1½ teaspoons lemon juice
 ¼ cup plus 1 tablespoon all-purpose flour
 ¼ cup packed brown sugar
 ¼ cup granola
 ½ teaspoon ground cinnamon
 2¼ tablespoons chilled butter
 1 cup whipped topping or fresh whipped cream

Heat oven to 375°F. Combine first 4 ingredients in a medium bowl; spoon into an 11x7-inch baking dish. Lightly spoon flour into a dry measuring cup, and level with a knife. Combine flour, brown sugar, granola, and cinnamon, and cut in the butter with a pastry blender or 2 knives until the mixture resembles coarse meal. Sprinkle over the blueberry mixture. Bake at 375°F for 30 minutes or until bubbly.

To serve, alternate spoonfuls of blueberry crisp with whipped cream in tall parfait glasses. Garnish with a fresh blueberry.



James Barnes

Creative Director

There are no mistakes—only happy accidents. When this Crisp recipe proved too runny, we got out the whipped cream and made parfaits. Now that's the way to eat Blueberry Crisp!

Blueberry French Toast Pudding

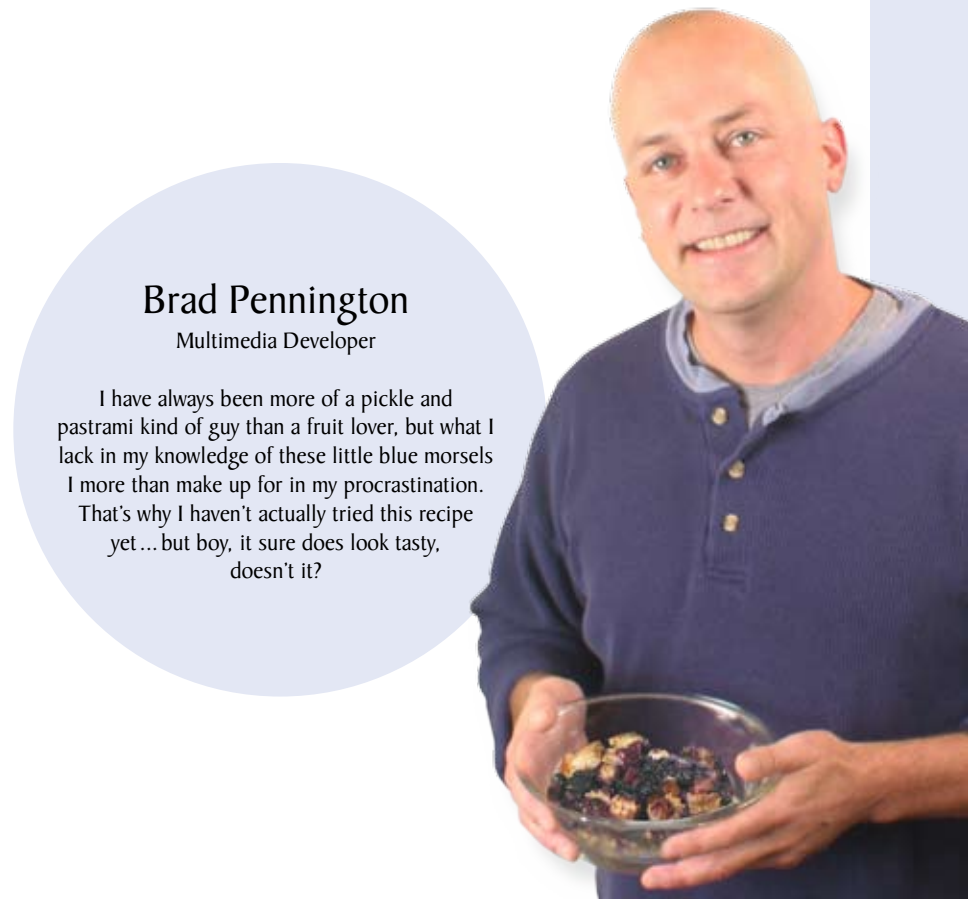
8-10 servings

6 slices day-old white bread, crusts removed
 4 ounces cream cheese
 ½ cup fresh or frozen blueberries
 4 eggs
 1¼ cups milk
 ¼ cup maple syrup
 ¼ teaspoon cinnamon
 ½ cup blueberry jam
 ¼ cup brown sugar, packed

Coat 9x9-inch pan with nonstick spray. Cut bread into 1-inch cubes; place half in pan. Cut cream cheese into small cubes; place over bread. Top with blueberries and remaining bread. In a bowl combine eggs, milk, and syrup; mix well. Pour over bread mixture. Cover and chill 8 hours or overnight.

Remove from refrigerator 30 minutes before baking. Warm up blueberry jam in microwave to soften. Stir and pour or spread jam over the top of the bread pudding. Sprinkle with brown sugar.

Heat oven to 350°F. Bake covered for 30 minutes. Uncover and bake 30 minutes longer or until golden brown and center is set.



Brad Pennington

Multimedia Developer

I have always been more of a pickle and pastrami kind of guy than a fruit lover, but what I lack in my knowledge of these little blue morsels I more than make up for in my procrastination. That's why I haven't actually tried this recipe yet... but boy, it sure does look tasty, doesn't it?

Blueberry Pecan Cheesecake

10-12 servings

1 tablespoon melted butter, to grease the pan
 ½ cup pecan pieces
 1 cup graham cracker crumbs
 2 tablespoons sugar
 6 tablespoons unsalted butter, melted
 ½ cup port
 ¾ cup (4 ounces) blueberries

1½ pounds cream cheese, at room temperature
 6 tablespoons unsalted butter, at room temperature
 1 cup sugar
 2 tablespoons cornstarch
 4 large eggs
 1 cup sour cream
 2 teaspoons vanilla extract
 Blueberry Topping (*Page 25*)

For crust:

Preheat the oven to 300°F. Grease an 8-inch cake pan with the 1 tablespoon butter. On a cookie sheet, toast the pecans for 8 minutes. Turn the pan once for even toasting. In a bowl, combine the graham cracker crumbs, sugar, butter, and pecans. Pat evenly over the bottom of the pan.

For cake batter:

In a small saucepan, simmer the port and blueberries for 3 minutes. Set aside to cool. Put the cream cheese, butter, sugar, and cornstarch in a mixing bowl and beat on medium speed, just to blend. Add eggs, one at a time, then sour cream, vanilla, and blueberry mixture. Pour batter into prepared pan. Set into hot water bath and bake for 1 hour and 15 minutes, until slightly puffed and firm. Cool on rack. Refrigerate, and then remove from pan.

To serve:

Drizzle blueberry topping over the top of the cheesecake or over individual servings.

Jill Bornemeier

Instructional/Technical Writer

Perfect Evening #284: Jazz filling the softly lit room. Engaging conversation over a memorable dinner. Sharing a generous slice of this blueberry pecan cheesecake prepared by Jill, with Martha's help.



Blueberry Infused Martini

1 bottle of vanilla vodka
 8 ounces fresh blueberries
 1 large jar with tight-fitting lid
 Toothpicks

To start, open the vodka and have a shot. Wash the blueberries and start putting them on toothpicks—two to three berries per toothpick depending on size. Place them in the jar. That was a lot of work; have another shot.

Fill jar to the top with vodka and let it sit for 2 to 3 weeks until it turns a dark purple color. Shake with ice and serve with your pre-made blueberry garnish. While you are waiting for the blueberries to infuse, you might as well finish off that bottle...

Harrison Withers

Production Director

Eat, drink, and be Berry.



Blue Balls (Blueberry Rum Balls)

Yield: 1½ dozen

1½ cups all-purpose flour
 1 cup finely ground vanilla wafers
 (food processor works great)
 ¼ cup pecans
 10 tablespoons unsalted butter,
 room temperature (1¼ sticks)

½ cup confectioners' sugar
 ½ cup of blueberries (fresh or frozen)
 2½ tablespoons rum (light or dark—
 your choice)
 ½ teaspoon vanilla
 Blueberry Topping (Page 25)

Preheat oven to 350°F. Combine flour, vanilla wafers, pecans, butter, sugar, rum and vanilla in bowl. Mix with a fork until blended well. Add blueberries and refrigerate for 1½ hours.

With floured hands, roll rounded teaspoons of dough into ¾-inch balls. Place on ungreased baking sheets. Bake 12 to 15 minutes, until golden brown. Place on rack to cool. Store at room temperature or freeze.

To serve:

Dust with sugar and drizzle with blueberry sauce before serving.
 Drink remaining rum.



Jenni Kossack

Multimedia Developer

These aren't low fat or sugar free, but there is a big benefit to having a half bottle of rum left over and some luscious little treats to eat. Now where's the mechanical bull?

Whole Wheat Blueberry Bread

Yield: 2 loaves

2½ cups whole wheat flour
 1¼ packed brown sugar (you can also use
 Splenda—half the amount)
 1 teaspoon baking soda
 1 teaspoon salt
 ½ cup toasted walnuts or pecans (optional)

1½ cups unsweetened apple sauce
 6 ounces plain nonfat yogurt
 ½ cup Egg Beaters® or 2 eggs
 2½ tablespoons vegetable oil
 1 teaspoon vanilla
 2 cups fresh or frozen blueberries

Move oven rack to lowest position and heat oven to 350°F. Grease bottoms only of two 8x4-inch loaf pans or one 9x5-inch loaf pan. (Adding parchment paper to the bottom of the pan also works well.)

Place nuts in a shallow pan and toast in the oven for 5 to 6 minutes. In a large bowl, combine all dry ingredients (including nuts). In a separate bowl, combine all wet ingredients. Add dry ingredients and stir until blended. Pour into pans.

Bake 8-inch loaves 50 to 60 minutes or 9-inch loaf 1 hour to 1 hour and 15 minutes (or until toothpick inserted in center comes out clean). Let cool 10 minutes. Loosen sides of loaves from pans. Remove from pans and cool completely on wire rack for approximately 2 hours.

Store at room temperature for up to 4 days or refrigerate up to 10 days. Freezes well.

Blain Heneghan

Sr. Technical Writer

Now, you might be asking yourself: Is this the best bread ever made? No. But with whole wheat, walnuts, and blueberries—what's not to like?



Blueberry Bundles

4 servings

1 package refrigerated crescent rolls
 1 cup fresh blueberries
 4 tablespoons brown sugar
 3 tablespoons flour
 2 tablespoons butter, softened
 ½ teaspoon cinnamon (or to taste)
 1 large egg yolk
 1 teaspoon water

Mix the brown sugar, flour, butter, and cinnamon together to a crumbly consistency.

Unroll the package of crescents and separate the rectangles. On a floured breadboard, press and seal the diagonal seams, then stretch the pastry into a square using a rolling pin. Rinse, drain, and dry blueberries. Place about ¼ cup blueberries in the center of each square. Top with ¼ of the crumb mixture. Pull the corners of the pastry together over the blueberries and gently press the seams together.

Mix the egg yolk with the water, then brush onto the top of each pastry bundle. Sprinkle granulated sugar on top. Place the bundles on an ungreased cookie sheet and bake in an oven preheated to 375°F for 11 to 13 minutes or until golden brown.

Allow to cool slightly and then serve immediately.
 Great as a breakfast pastry or as dessert with a scoop of vanilla ice cream.



John Chapin

Instructional & Information Designer

These easy pastries are great for breakfast with a scrambled egg and a cup of tea, but with a scoop of French vanilla ice cream they make a great dessert!

Blueberries in the Snow

12-16 servings

4 cups blueberries
 1 tablespoon cornstarch
 ½ cup sugar
 1 teaspoon lemon juice
 ½ cup butter (softened)
 1¼ cups flour
 ½ cup chopped walnuts
 8 ounces cream cheese (softened)
 8 ounce tub of whipped topping
 1 cup powdered sugar

For topping:

Combine and heat blueberries, cornstarch, sugar, and lemon juice. Bring to a boil, stirring constantly until mixture thickens. Let cool.

For crust:

Preheat oven to 350°F. Cut butter into flour and chopped nuts and crumble like pastry. Press into 9x13-inch pan. Bake 20 minutes. Cool.

For filling:

Blend cream cheese, Cool Whip®, and powdered sugar until smooth. Spread onto cooled crust.

Spoon cooled berry topping over cheese layer.
 Sprinkle with chopped nuts, if desired.
 Chill again before serving.

Audra Troccko

Business Development

This is one of my favorite recipes from childhood. The name itself brings cooling thoughts amidst the heat and humidity of a West Michigan August. The weather may feel muggy, but it sure does plump up those blueberries!



Mmmmm...GO BLUE!-berry Crumble

4 servings

2½ cups fresh or frozen blueberries
1 tablespoon sugar
1 tablespoon flour
1 tablespoon orange juice
1 cup Crumble Topping (*below*)

Heat oven to 400°F. Toss berries with sugar, flour, and juice. Divide mixture among four 6-ounce glass ramekins or other oven-proof dishes. Top each with ¼ cup Crumble Topping. Place the dishes on a baking sheet. Bake the crumbles until the tops are browned and the filling is bubbling (20-25 minutes). Let stand for at least 10 minutes before serving.

Crumble Topping

Yield: about 2 cups

¾ cup old-fashioned rolled oats
¼ cup chopped pecans
¼ cup brown sugar
3 tablespoons flour
½ teaspoon ground cinnamon
2½ tablespoons canola oil

Combine oats, nuts, brown sugar, flour, and cinnamon in a medium-sized bowl, and stir until well blended. Drizzle oil over the dry ingredients, and stir until evenly moistened. This recipe makes more than you need.

Sandy Balkema

Instructional Designer

Okay, so I renamed the recipe to support my team! But this IS a great fruit crumble recipe to add to your file. The crumble is sweet and the berries tangy: great combination! Almost as good as Fall and football.



Blueberry Cheesecake Popsicles

8-12 servings

4 ounces cream cheese (softened) ½ teaspoon finely grated lemon peel
¼ cup sugar 2 tablespoons fresh lemon juice
¼ cup sour cream 1½ cups fresh blueberries

Combine first 5 ingredients in a medium-size mixing bowl. Mix until smooth. Use a mixer on low speed, if necessary. Fold in blueberries. Spoon fruit and cream cheese mixture into small (3 ounce) paper or plastic beverage cups.* Insert a wooden popsicle stick into each cup. Freeze for at least 4 hours.

To serve:

Remove from cups by tearing the paper off or warm the cup in your hands for a few moments, then push up on the bottom to loosen. Blueberries will be very cold and icy. After removing from cups, you may want to let popsicles stand for a few more minutes until blueberries soften slightly.

*Larger cups may be used, reducing the number of servings.

Pam Strait

Technical/Instructional Writer

Easy and no-mess serving. Good any time, right from the freezer. Make extras and bring along in a cooler as a great dessert for late summer and early Fall picnics or tailgate parties.



Blueberry Brain Freeze

1 cup frozen blueberries, thawed (with juice)
 6 shots vanilla vodka
 ½ cup sugar
 1 cup heavy whipping cream

Add to blender; fill to top with ice; blend. Serve.
 Sip slowly to avoid serious brain freeze. Or not.



Aaron Schaut

Multimedia Developer

Nothing like a nice brain freeze on a hot summer day. "Ouch!"

Blueberry Smoothie

4 servings

2 cups frozen blueberries
 2 organic frozen bananas
 1½ cups raw goat milk
 ½ cup kefir or plain yogurt
 1 teaspoon infusion of vanilla beans and vodka or vanilla extract
 1 teaspoon fresh lemon zest
 1 tablespoon fresh squeezed lemon juice
 2 tablespoons dibs (carob molasses—or substitute sugar molasses)
 Pinch of nutmeg

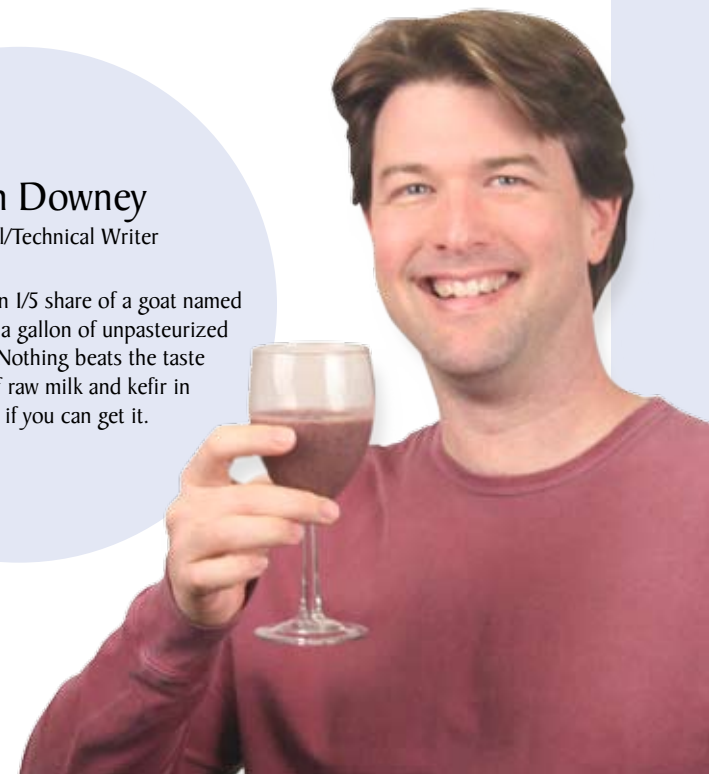
Place frozen blueberries and bananas in blender. Measure kefir and milk in a 2-cup measuring cup. Add vanilla and lemon juice. Pour mixture into blender and start blending. While the blender is running, add lemon zest, nutmeg, and dibs. Serve and enjoy!

Option: try substituting Blueberry Infused Vodka for vanilla (*Page 8*).

Joseph Downey

Instructional/Technical Writer

Got raw milk? We own 1/5 share of a goat named Jewell. She gives us a gallon of unpasteurized milk every week. Nothing beats the taste and nutrition of raw milk and kefir in this recipe, if you can get it.



Easy Candied Walnuts

These taste great in the *Blueberry Spinach Salad* recipe on the following page.

Spray a heavy, non-stick skillet with nonstick coating. Toss in a handful or two of walnuts in a single layer in pan. Toast at medium-low heat, stirring often, until walnuts begin to brown and give up their own oils—about 3 minutes. Sprinkle generously with brown sugar and lightly with cinnamon; toss to mix. Quickly add $\frac{1}{4}$ to $\frac{1}{2}$ cup water, stirring to dissolve sugar and coat all walnuts. Continue to stir and cook until all water is absorbed and sugar re-crystallizes, taking care not to burn sugar. Remove pan from heat; toss nuts a few times while cooling to prevent clumping.

Naked Blueberries

Growing up on a blueberry farm, my mother always made sure we had an abundance of blueberry treats in our home. There was blueberry jam for our morning toast, and no holiday was complete without a homemade blueberry pie. But I don't think there's anything like walking out into the fields and grabbing a handful of fresh berries straight off the bush. In the winter months, I eat them right out of the freezer. So that's my favorite "recipe"—Naked Blueberries—the way Nature intended them!



Robert Willis

Sr. eLearning Developer

I never met a blueberry I didn't like.

Blueberry Spinach Salad

4-8 servings

Dressing:

1 cup frozen blueberries
2 tablespoons apple cider vinegar
4 ounces lemon nonfat yogurt
2 tablespoons vegetable oil
1 teaspoon sugar
1 tablespoon honey (or to taste)

Mash blueberries. Whisk in vinegar, then oil and yogurt. Add sugar and honey. Refrigerate for a few hours (or overnight) to mellow flavors. Add additional honey if you prefer a sweeter dressing.

Salad:

4 cups baby spinach
 $\frac{1}{2}$ to 1 cup fresh blueberries
 $\frac{1}{2}$ small red onion, thinly sliced
 $\frac{1}{2}$ to $\frac{3}{4}$ cup crumbled sharp cheese (white cheddar, blue cheese, Gorgonzola, feta, or goat cheese)
 $\frac{3}{4}$ cup candied walnuts (*recipe on left*)

To serve:

Arrange a handful of greens on individual salad plates. Top with onions, blueberries, cheese, and candied walnuts. Serve dressing on the side.

Chris Willis

Founder/CEO

This versatile recipe makes a flavorful side salad, or served with grilled chicken becomes a perfect summer entrée. I like to use frozen blueberries in the dressing because they mash easily with a fork, but you really want the firm texture of fresh berries in the salad itself.

