



## Recipes for Frozen Blueberries



Lemon Blueberry Bread



Blueberry Glazed Chicken



Homemade Blueberry Sauce



Blueberry Overnight Bake



Blueberry Crisp



Blueberry Yogurt Pops

# Frozen Blueberry Recipes



## Lemon Blueberry Bread

### You will need:

1 cup frozen blueberries	1/3 cup butter or margarine, melted	1 cup sugar
3 tbsp. fresh lemon juice	2 eggs	1-1/2 cups flour, 1/3 cup flour
1 tsp. baking powder	1/2 tsp. salt	1/2 cup milk
2 tbsp. grated lemon peel	1/2 cup chopped nuts	
GLAZE:	2 tbsp. lemon juice	1/4 cup sugar

### Instructions:

- Preheat oven to 350 degrees F. In a mixing bowl, beat butter, sugar, juice, and eggs.
- Combine flour, baking powder, and salt. Stir flour mixture into egg mixture alternately with milk.
- Roll frozen blueberries in 1/3 cup flour. This will prevent blueberries from sinking to bottom of pan.
- Fold in lemon zest, nuts, and frozen blueberries. Pour mixture into a greased 8 x 4 inch loaf pan.
- Bake for 60 - 70 minutes or until bread tests done. Cool in pan for 10 minutes.
- Combine glaze ingredients. Remove bread from pan and drizzle with glaze. Cool on wire rack.

## Homemade Blueberry Sauce

### You will need:

2 cups frozen blueberries	1/2 cup water	1/2 cup granulated sugar
2 tbsp. fresh lemon juice	2 tbsp. cornstarch	2 tbsp. cold water
1/2 tsp. vanilla extract	zest of lemon (2 tbsp.)	

### Instructions:

- In a medium saucepan over medium heat, combine blueberries, 1/2 cup water, sugar, and lemon juice.
- Stir frequently and bring to a low boil. In a small bowl, whisk cornstarch with 2 tbsp. of cold water.
- Slowly stir the cornstarch into the blueberries, taking care not to crush the blueberries.
- Simmer until the homemade blueberry sauce is thick enough to cover the back of a metal spoon; 5 min.
- Remove from heat and gently stir in vanilla and lemon zest. Serve over pancakes or ice cream.

## Blueberry Crisp

### You will need:

4 cups frozen blueberries	2 tbsp. granulated sugar	1 tbsp. cornstarch
2 tsp. lemon juice	1 tsp. lemon zest	
1/2 cup all-purpose flour	1/2 heaping cup old-fashioned oatmeal	1/4 cup brown sugar, packed
8 tbsp. unsalted butter, cold and cubed	1/4 tsp. ground cinnamon	1/4 tsp. salt

### Instructions:

- Preheat oven to 375 degrees F. Lightly butter or spray a 9x9 inch baker.
- In a medium size mixing bowl, toss the blueberries in the sugar, cornstarch, lemon juice, and zest.
- Pour into the prepared dish and set aside.
- In a medium size mixing bowl, whisk together the flour, oats, brown sugar, salt, and cinnamon.
- Using a pastry blender, cut in the butter until pea sized shapes (or larger) form.
- Sprinkle over the berries. Place in oven and bake for 30 - 35 minutes or until juices bubble.
- When top is brown remove from oven and allow to cool for 10 - 15 minutes before serving.

## Blueberry Overnight French Toast

### You will need:

3 cups frozen blueberries	1 lb. loaf of white or sourdough bread, cut into 1 inch pieces	
8 large eggs	3 - 1/2 cups milk	1/2 cup unsalted butter
4 tbsp. packed light brown sugar	1 tbsp. ground ginger	2 tsp. vanilla extract
1/4 tsp. salt	3/4 cup sliced almonds	maple or pancake syrup, optional

### Instructions:

- Coat a 9 x 13 inch baking dish with cooking spray. Toss bread and blueberries in pan.
- Whisk eggs in a large bowl. Add milk, butter, brown sugar, ginger, vanilla, and salt. Whisk to combine.
- Pour the custard over the bread mixture. Sprinkle with almonds.
- Coat a piece of foil with cooking spray and cover the pan, coat-side down.
- Place another 9 x 13 inch baking dish on top as a weight. Refrigerate for 8 to 24 hours.
- Preheat oven to 350 degrees F. Remove top baking dish, leaving foil in place.
- Let stand at room temperature while the oven preheats. Bake the casserole covered for 45 minutes.
- Uncover and bake until golden, 20 to 25 minutes more. Let stand for 10 minutes before serving.
- Serve with maple or pancake syrup on the side as a dipping sauce.

## Blueberry Glazed Chicken

### You will need:

2 cups frozen blueberries	2 tbsp. extra virgin olive oil, divided	2 tbsp. unsalted butter, divided
1 tsp. salt, divided	1/2 cup balsamic vinegar	1/3 cup maple or pancake syrup
1 tbsp. coarsely chopped rosemary or 1/2 tsp. dried rosemary		4 skinless, boneless chicken breasts
2 shallots or 3 green onions, finely chopped		1 tsp. pepper, divided

### Instructions:

- Preheat oven to 350 degrees F. Heat 1 tbsp. each oil and butter in a large, heavy skillet.
- Season chicken with half the salt and pepper. Add to pan when the oil and butter are hot and bubbly.
- Sear chicken breasts over medium high heat until golden brown, about 1 - 2 minutes per side.
- When a light crust has formed on the chicken, remove it to a baking dish and set aside.
- Add remaining olive oil and butter to skillet and, when hot, stir in the shallots.
- Cook until soft and lightly caramelized, about 4 minutes. Add blueberries and cook 1 minute.
- Stir in vinegar, syrup, rosemary, and the rest of the salt and pepper. Simmer about 10 minutes.
- Remove from heat when the blueberries have collapsed.
- Pour the balsamic mixture over the chicken. Bake for 10 minutes or until chicken is thoroughly cooked.

## Blueberry Yogurt Pops

### You will need:

1 cup frozen blueberries	1/2 cup Greek yogurt	1/2 cup milk
2 tsp. fresh lemon juice	2 tsp. sugar (optional)	5 (3 oz.) paper or plastic cups
5 wooden popsicle sticks		

### Instructions:

- Blend ingredients until smooth. Pour into 3 oz. cups.
- Let pops set up in freezer until almost firm and insert popsicle sticks,
- Continue freezing until solid. Carefully insert pops in a small bowl of warm water and remove pops.