

## Blueberry Recipe Cards

✂ Cut along the dashed lines for fridge-ready recipe cards

## BREAKFAST

## Blueberry Lemon Scones



## INGREDIENTS

- **2 cups** all-purpose flour
- $\frac{1}{2}$  **cup** sugar
- **1 tbsp** baking powder
- $\frac{1}{2}$  **tsp** salt
- **6 tbsp** cold butter, cubed
- **1** egg
- $\frac{1}{2}$  **cup** heavy cream + more for brushing
- **Zest of 1** lemon
- **1 cup** fresh blueberries

## DIRECTIONS

- 1 Preheat oven to 400°F. Whisk flour, sugar, baking powder, salt, and lemon zest.
- 2 Cut cold butter into flour with a pastry cutter or fingers until pea-sized crumbs form. *Cold butter = flaky scones.*
- 3 Whisk egg and cream together. Fold into flour mixture until just combined — don't overwork.
- 4 Gently fold in fresh blueberries. Pat dough into an 8" disk on a floured surface. Cut into 8 wedges.
- 5 Brush tops with cream, sprinkle with sugar. Bake 18–22 min until golden.

♣ Best with: fresh-picked firm berries

Makes 8 · 25 min

## BREAKFAST

## The "Diva" Blueberry Muffins



## INGREDIENTS

- **2 cups** all-purpose flour
- $\frac{3}{4}$  **cup** sugar
- **2 tsp** baking powder
- $\frac{1}{2}$  **tsp** salt
- $\frac{1}{2}$  **cup** vegetable oil
- **1** egg
- $\frac{3}{4}$  **cup** milk
- **1 tsp** vanilla extract
- $1\frac{1}{2}$  **cups** fresh blueberries

## DIRECTIONS

- 1 Preheat oven to 375°F. Line a 12-cup muffin tin with paper liners.
- 2 Whisk flour, sugar, baking powder, and salt in a large bowl.
- 3 In a separate bowl, whisk oil, egg, milk, and vanilla. Pour into dry ingredients and stir until just combined — lumpy is good!
- 4 **The Diva Trick:** Toss berries in 1 tbsp flour, then gently fold in. This stops them sinking to the bottom.
- 5 Fill cups  $\frac{3}{4}$  full. Bake 22–26 min until tops spring back when touched.

♣ Best with: 'Bluecrop' or 'Patriot' (firm skin)

Makes 12 · 30 min

## BREAKFAST · NO COOK

## Superfood Smoothie Bowl



## INGREDIENTS

- **2 cups** flash-frozen blueberries
- **1** frozen banana
- $\frac{1}{2}$  **cup** yogurt or milk of choice
- **1 tbsp** honey
- **Squeeze of** lime juice

## TOPPINGS

- Granola
- Fresh blueberries
- Drizzle of honey
- Sliced almonds or chia seeds

## DIRECTIONS

- 1 Add frozen blueberries, banana, yogurt, honey, and lime to a blender.
- 2 Blend until thick and creamy — it should be spoonable, not drinkable. Add liquid sparingly.
- 3 Pour into a bowl. Arrange toppings in rows across the surface for that beautiful look.
- 4 Eat immediately — it melts fast!

👉 **Use berries you "Flash Froze" individually on a tray (Ch. 5) — they blend smoother than clumped bag berries.**

♣ Use your frozen stash from any variety

Serves 1 · 5 min

## DESSERT

## The Quintessential Summer Pie



## INGREDIENTS

- **5 cups** fresh blueberries
- $\frac{3}{4}$  **cup** sugar
- **3 tbsp** cornstarch
- **1 tbsp** lemon juice
- **1 tsp** cinnamon
- $\frac{1}{2}$  **tsp** vanilla extract
- **Pinch of** salt
- **2** pie crusts (top + bottom)
- **1 tbsp** butter, dotted on filling

## DIRECTIONS

- 1 Preheat oven to 425°F. Place bottom crust in a 9" pie dish.
- 2 Toss berries with sugar, cornstarch, lemon juice, cinnamon, vanilla, and salt.
- 3 Pour filling into crust. Dot with small pieces of butter.
- 4 Top with second crust or lattice. Crimp edges. Cut vents. Brush with egg wash and sprinkle with sugar.
- 5 Bake 25 min at 425°F, then reduce to 375°F for 25–30 min more until bubbly and golden. Cool 2 hours before slicing.

♣ Diva twist: add cinnamon + vanilla

Serves 8 · 1 hr + cool

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DESSERT

Blueberry Crumble Bars 

## BASE &amp; CRUMBLE

- **1½ cups** all-purpose flour
- **1 cup** old-fashioned oats
- **¾ cup** brown sugar, packed
- **½ tsp** cinnamon
- **¼ tsp** salt
- **¾ cup** cold butter, cubed

## FILLING

- **3 cups** fresh blueberries
- **¼ cup** sugar
- **2 tbsp** cornstarch
- **1 tbsp** lemon juice

## DIRECTIONS

- 1 Preheat oven to 350°F. Line a 9x9" pan with parchment, leaving an overhang for easy lifting.
- 2 Mix flour, oats, brown sugar, cinnamon, salt. Cut in cold butter until crumbly. Press ⅔ into pan bottom firmly.
- 3 Toss berries with sugar, cornstarch, and lemon juice. Spread over base.
- 4 Crumble remaining ⅓ of oat mixture over the berries in chunky clumps.
- 5 Bake 40–45 min until topping is golden and filling is bubbly. Cool completely before cutting into bars.

✂ Best with: 'Jersey' or 'Elliott' (deep flavor)

Makes 12 bars · 55 min

DESSERT · NO COOK · FAT-FREE

5-Minute Summer Sorbet 

## INGREDIENTS

- **3 cups** flash-frozen blueberries
- **2 tbsp** honey
- **Juice of 1** lime
- **2–3 tbsp** water (as needed)

**That's it!** No ice cream maker needed. The frozen berries ARE the sorbet.

## OPTIONAL GARNISH

- Fresh mint leaves
- Lime zest
- Extra fresh berries

## DIRECTIONS

- 1 Add frozen blueberries, honey, and lime juice to a food processor or high-powered blender.
- 2 Pulse in short bursts, scraping down the sides. Add water one tablespoon at a time — just enough to get it moving.
- 3 Blend until smooth and thick, like soft-serve ice cream. Don't over-blend or it becomes a smoothie.
- 4 Serve immediately for soft-serve texture, or freeze 30 min for scoopable sorbet.

👉 **Flash-freeze berries individually on a tray first (Ch. 5) so they don't clump into an ice block.**

✂ Any variety works beautifully

Serves 3–4 · 5 min

SAVORY

Blueberry Balsamic Glaze 

## INGREDIENTS

- **2 cups** fresh blueberries
- **¼ cup** balsamic vinegar
- **2 tbsp** honey
- **1 sprig** fresh rosemary
- **Pinch of** salt
- **Pinch of** black pepper

## Serve over:

Grilled chicken, pork chops, salmon, roasted duck, a wedge of Brie, or vanilla ice cream

## DIRECTIONS

- 1 Combine blueberries, balsamic vinegar, honey, rosemary sprig, salt, and pepper in a small saucepan.
- 2 Bring to a gentle simmer over medium heat. Stir occasionally.
- 3 Cook 12–15 min until berries burst and sauce thickens enough to coat the back of a spoon.
- 4 Remove rosemary sprig. For a smoother glaze, press through a fine strainer. For a rustic finish, leave the berry pieces.
- 5 Drizzle warm over grilled protein, cheese, or dessert. Stores refrigerated up to 1 week.

✂ Try it drizzled over warm Brie — incredible

Makes ~1 cup · 20 min

SAVORY · NO COOK

Blueberry Salsa 

## INGREDIENTS

- **2 cups** fresh blueberries, halved
- **¼ cup** red onion, finely diced
- **1 jalapeño**, seeded & minced
- **¼ cup** fresh cilantro, chopped
- **Juice of 1** lime
- **1 tbsp** honey
- **Pinch of** salt

## Perfect with:

Grilled fish, shrimp tacos, tortilla chips, or spooned over cream cheese

## DIRECTIONS

- 1 Halve the blueberries — this releases their juice and lets them absorb the other flavors.
- 2 Combine all ingredients in a bowl. Toss gently.
- 3 Refrigerate at least 15 minutes (or up to 4 hours) to let the flavors meld.
- 4 Taste and adjust: more lime for tang, more honey for sweetness, more jalapeño for heat.

👉 **The sweetness of the berry perfectly balances the heat of the pepper — don't skip the jalapeño!**

✂ A surprising crowd-pleaser at summer cookouts

Makes ~2 cups · 10 min