

The background of the entire page is a photograph of three golden-brown blueberry muffins resting on a silver wire cooling rack. The muffins are slightly out of focus, with the one in the foreground being the most prominent. The text is overlaid on this image.

## Just the Basics Blueberry Recipes

**These concepts are provided in response to requests for easy-to-make blueberry ideas. Use these blueberry recipes as a starting point for creating your own favorites.**

**The recipes are straight forward and contain ingredients found in many kitchens. Plus there are some short cut ideas and tips.**

**Surprise family and friends with a homemade blueberry treat. Start from scratch or use shortcuts with a baking mix or a store bought pie shell. Either way, real blueberry treats are delicious!**

Contents:

- Blueberry Muffins I
- Blueberry Muffins II
- Double Crust Blueberry Pie
- Blueberry No Bake Pie
- Blueberry Cheesecake Pie
- Blueberry Pancakes

**US Highbush Blueberry Council**  
c/o Thomas J. Payne Market Development  
<http://www.blueberry.org>

Here are two simple blueberry muffin recipes. Try both or take your pick! Each makes one dozen.

### **Blueberry Muffins I**

#### **Ingredients:**

1 cup fresh or frozen blueberries  
1-3/4 cups plus 1 T. flour, divided  
1/2 cup sugar  
1 tsp. baking powder  
1/2 tsp. baking soda  
3/4 tsp. salt  
1 egg  
1 cup sour cream  
1/3 cup milk

#### **Procedure:**

1. Preheat oven to 400°F. Grease twelve 2-1/2-inch muffin cups.
2. Toss blueberries with 1 tablespoon of the flour. Combine the remaining 1-3/4 cup flour, the sugar, baking powder, baking soda and salt; set aside.
3. Beat egg, sour cream and milk; stir into flour mixture until just combined (batter will be lumpy). Stir in blueberries until evenly distributed. Fill muffin cups 2/3 full with batter. Bake about 20 minutes until golden.

#### **Muffin Tips:**

- For proper measuring, do not pack flour into cup measure. Carefully spoon into measuring cup.
- To melt butter quickly, put in a microwave safe container. Place in microwave about 20 seconds. Let cool.
- Frozen individually quick frozen (IQF) blueberries can be added right from the freezer. No need to defrost. Baking time may be a little longer. If your frozen berries have been sitting in the freezer for a while there may be some excess ice crystals in the bag. Simply put in a colander and pick out/shake off excess ice crystals. (This doesn't happen often in our house as we eat the blueberries as they come in the door!)
- Make sure muffin tops are golden brown with crispy edges. Once out of the oven let the muffins sit for a minute or two before removing from muffin cups. Place on cooling rack for ~5 minutes before serving. (Its hard to keep hungry hands away as the aroma of fresh baked blueberry muffins beckons.) Enjoy!

### **Blueberry Muffins II**

#### **Ingredients:**

1-3/4 cups flour, all purpose  
1/2 tsp. salt  
2 tsp. baking powder  
1/3 cup granulated sugar  
1 egg  
1 cup milk  
1/4 cup (1/2 block) salted butter, melted  
1 cup fresh or frozen blueberries\*

#### **Procedure:**

2. Sift flour, salt, baking powder, and sugar together into bowl. You want to make sure that the dry ingredients are blended together and without lumps.
3. In separate bowl mix together egg, milk and butter until frothy.
4. All at once combine dry ingredients with wet. Carefully fold in blueberries. Do not over mix. There should be some small lumps in the batter.
5. Spoon evenly into greased muffin pan (12 cups).
6. Bake at 375°F about 35-40 minutes until tops are golden brown.

#### **Final Notes:**

- Another option is to use a baking mix. Follow the muffin recipe on the box. Fold in blueberries (see procedure #3) just before putting batter into the prepared muffin tins. Bake according to the package directions.
- For coffee cake, use an 8-inch round pan.
- Fold in blueberries (fresh or frozen) to a yellow cake mix and bake in muffin-lined pans

## Blueberry No-Bake Pie

How about this idea! Yield: eight servings.

### Ingredients:

1-1/4 cup water  
1/4 cup cornstarch  
1 (3 oz.) pkg. sweetened gelatin (flavor of choice)  
  
2 cups frozen blueberries  
  
1 baked 9-inch pie shell

1 cup whipped cream, lightly sweetened

### Procedure:

Place water and cornstarch in pan. Bring to boil stirring mixture. Sprinkle flavored gelatin over boiled cornstarch-water and stir to dissolve. Fold in frozen blueberries and spoon into pie crust; cover and refrigerate until set, about 3 hours. To serve, top pie pieces with a dollop of whipped cream.

## Double-Crust Blueberry Pie

Use two purchased 9-inch unbaked pie shells (deep dish) or make from scratch. The recipe below is for a 9-inch pie.

### Pie Crust:

2 cups flour, all purpose  
1 tsp. salt  
3/4 cup butter, cut into pieces  
2 tsp. vinegar  
~4 T. cold water

### Blueberry Pie Filling:

1/2 cup sugar  
1/4 cup cornstarch  
1/4 tsp. salt  
4 cups blueberries, fresh\*  
1 T. lime juice, fresh  
1 T. butter

### Procedure:

#### For Pie Crust:

1. In food processor, with plastic mixing blade, quickly blitz flour and salt to combine. Add butter pieces and blitz. Combine vinegar and cold water in cup. While food processor is running drizzle in water-vinegar until dough forms a ball. You may need to stop the action and stir dough lightly. You want a ball to form.

Remove from processor. Divide into two pieces (for top and bottom crust). Flatten into round disk shapes about 4-inches in diameter. Wrap each in plastic wrap and place in refrigerator for an hour to rest.

2. Once rested (dough should be firm yet pliable), remove from refrigerator. Roll out one of the pieces and carefully fit it into a 9-inch pie pan. Roll out second piece for the top.

### Blueberry Pie Make Up:

1. Combine sugar, cornstarch and salt in bowl. Add blueberries.
2. Pour filling into unbaked pie shell. Sprinkle with a squeeze of lime juice and dot with butter.
3. Fill the pie with the blueberry filling. Add top crust. Crimp edges. Cut slits in the top of the pie crust to allow steam to escape during the cooking process. If desired, brush with egg and sprinkle with sugar.
4. Bake in preheated 425°F oven for 10 minutes. Reduce heat to 350°F and bake 45 to 55 minutes longer, until pastry is golden brown.

### **Blueberry Pie Tips:**

- Frozen individually quick frozen (IQF) blueberries may be used instead of fresh.\* However, if using frozen blueberries, you may want to add an additional tablespoon of cornstarch to the filling just to make sure the juices gel sufficiently.
- One 12 oz. bag of IQF whole frozen blueberries equals about 4-1/2 cups – just enough for a pie (4 cups) and out-of-hand sampling.

## Blueberry Cheesecake Pie

Use purchased graham cracker crust or make your own. Makes 6 portions

### Graham Cracker Crust:

1 c graham cracker crumbs  
2 T honey

### Cheesecake Filling:

1 container (8 oz) nonfat yogurt  
4 oz low-fat cream cheese, from an 8-ounce package  
3/4 c nonfat cottage cheese  
1 T cornstarch  
2 eggs  
1/2 cup blueberries

### Topping:

1-1/2 cups blueberries  
1 T honey

### Procedure:

Preheat oven to 350°F.

#### For Crust:

1. In a small bowl, combine graham cracker crumbs and 2 tablespoons of the honey; transfer to a 9-inch pie plate.
2. With the back of a spoon, press mixture onto bottom and halfway up sides of plate.

#### For Filling:

1. In a food processor container, place yogurt, cream cheese, cottage cheese and cornstarch. Whirl until smooth, about 1 minute. Add eggs; whirl until blended.
2. Pour about half of the cheese mixture onto the crust.
3. Top with 1/2 cup of the blueberries.
4. Cover with remaining cheese mixture.
5. Bake until firm, about 35 minutes; cool on a wire rack.

#### For Topping:

1. In a microwavable dish, microwave the remaining 1 tablespoon honey just until liquefied, about 15 seconds.
2. Add the remaining 1-1/2 cups blueberries; toss to coat.
3. Top pie with honey-coated blueberries. Loosely cover pie; refrigerate until firm, about 3 hours.

Per portion:  
272 calories, 10 g protein, 8 g fat, 40 g carbohydrate

## Blueberry Pancakes

Blueberry griddle cakes are so good! Use the mix below or add blueberries to a favorite baking mix.

### Ingredients:

2 cups all-purpose flour  
2 tsp. baking powder  
1 tsp. salt  
1/4 cup sugar  
2 eggs  
2 cups milk  
1/3 cup butter, melted  
1 cup blueberries, fresh or frozen

### Procedure:

1. Sift flour, baking powder, salt, and sugar into a separate bowl.
2. In mixing bowl beat together eggs, milk and melted butter.
3. Add dry ingredients all at once to the wet and beat to smooth batter.
4. Carefully fold in blueberries.
5. Heat pancake griddle until it is moderately hot (~300-325°F). Grease griddle with cooking oil (vegetable oil).
6. Pour about 1/4 cup batter for each pancake onto the heated griddle. Leave sufficient space for the batter to spread.
7. Bake until top of the pancake is full of bubbles and the color of the underside is golden. Turn pancakes over with a spatula and continue cooking until the bottom is golden brown.
8. Serve with butter and syrup. Makes about 24 pancakes.

### Pancake Tips:

- Frozen IQF blueberries may be used. Add to batter in frozen state. No ingredient adjustments needed.
- Griddle temperature is important. Too low a temperature will result in a pale product that is heavy and tough. Too high a temperature produces a pancake with dark and light spots. When the griddle temperature is just right, the cook time will be quick and the pancakes will be tender and have a smooth golden-brown appearance.
- If you do not have a temperature-controlled griddle, a frying pan will do. You can run a quick test by putting a teaspoon of batter on the hot pan to see if it is sufficiently hot. Keep a careful eye on the batter sample to determine if the temperature is about right.