

## Have We Found the Fountain of Youth in Blueberries?

by John Rizzo

As summer continues, blueberries are becoming more plentiful and flavorful. This wonderful fruit is as versatile as it is nutritious. Simply eat them by themselves, sprinkle them in your cereal, or bake them in pies, breads and cobblers; the list goes on. Loaded with antioxidants, which fight cancer and heart disease, you might be surprised to hear that blueberries can reduce eye-strain, improve night vision, and may possibly help prevent macular degeneration; the leading cause of blindness in the elderly. Studies are now beginning to show that blueberries may have a role in the anti-aging process; including the reversal of short term memory loss and improved motor skills.

When choosing your fresh blueberries, look for berries that have smooth skin, and are firm, dry, and plump. Size is not relevant but the color is; blueberries should be deep purple to blue-black. If they're red, they aren't ripe. Fresh berries should be stored covered in the refrigerator; do not wash them until you are ready to use them.

### Blueberry Pound Cake

Butter, Softened	2 Sticks	Flour, Sifted	2 Cups
Sugar	2 Cups	Salt	1/2 tsp.
Eggs	4	Baking Powder	1 tsp.
Orange Extract	1 tsp.	Fresh Blueberries	1 Pint

Preheat oven to 325° F.

In a large mixing bowl, using an electric mixer, cream the butter and sugar. Add the eggs, one at a time and continue to beat until the batter begins to form ribbons. Whip in the orange extract. Add the flour, salt and baking powder; mix on low speed until all ingredients are incorporated. Do not overmix.

Grease and dust a tube or Bundt® type pan with flour or powdered sugar. Dip the blueberries in flour and gently fold them into the batter. (The flour will help keep the berries from sinking to the bottom.)

Pour batter into pan and bake for approximately one hour and 15 minutes or until an inserted toothpick pulls out clean. Let cool and serve alone or with additional blueberries and whipped cream.