



BLUEBERRIES

Super Nutritious, Super Delicious

FRESH OR FROZEN?

You can use fresh and frozen berries interchangeably in your baking recipes, but you may need to make a few tweaks to ensure it comes out perfectly. Frozen berries will lower the temperature of your mixture considerably, so you may need to increase cooking times by 5 minutes to make sure it is cooked through.

Vegan Blue(berry) Cookies

Ingredients:

- 135g all-purpose flour about 1 cup
- 1/2 tsp baking powder
- 1/8 tsp salt
- 76 g unsalted vegan butter, softened about 1/3 cup.
- 90g granulated sugar about 1/3 cup and 1 tsp
- 80g frozen blueberries about 1/3 cup
- 70g white chocolate chips, chopped about 1/2 cup

Instructions:

1. Preheat your oven to 400F.
2. In a small bowl, whisk together the flour, baking powder and salt.
3. Either in the microwave or on the stovetop, thaw the frozen blueberries until they are soft and jammy. In the microwave this should take about 30 seconds on high heat, and on the stovetop it should take about 2-3 minutes on medium heat.
4. Let the blueberries cool for about 2-3 minutes. While they are cooling, use an electric mixer or a stand mixer to cream together the butter and sugar. Cream the



The trick to achieve the blue colour is to puree the blueberries into the mixture.

- sugar and butter until the mixture is noticeably lighter and fluffy.
5. Add the blueberries to the butter and sugar and cream at a high speed. You want to essentially "mash" the blueberries into the mixture, so they are pureed and fully combined with the butter and sugar. The mixture should be a deep purple color.
 6. Gradually fold the dry ingredients in

- with the wet ingredients to form a dough. Mix in the white chocolate chips.
7. The dough will be very slack, so chill in the freezer for 30 minutes before shaping into 12 balls.
 8. Bake the cookies at 400F for 10-13 minutes or until slightly brown on the edges. Let cool on a cooling rack for 5-10 minutes and then serve.



No-Bake Blueberry Cheesecake

Mascarpone adds extra richness to this easy recipe.

Ingredients:

- 250g shortbread biscuits
- 80g unsalted butter, melted
- 250g softened cream cheese
- 400g mascarpone
- 2 tbsp lavender sugar
- 1/4 cup (80g) blueberry jam
- 300g blueberries
- 1 tsp arrowroot

Instructions:

1. Whiz the shortbread in a food processor until finely ground. Add butter and whiz to combine. Press into a 35cm x 11cm tart pan and chill for 15 minutes or until firm.

2. Beat the cream cheese, mascarpone and 1 tbs lavender sugar with electric beaters until combined, then spread in the pan and chill for 1 hour or until set.
3. Meanwhile, place the jam, half the blueberries and remaining 1 tbsp sugar in a saucepan over medium heat with 2 tbsp water. Cook, stirring, for 2-3 minutes until the berries start to burst, then stir in the remaining berries. Mix the arrowroot with a little cold water in a small bowl, then stir into the berries and cook for a further 30 seconds or until the sauce is thickened. Remove from heat and cool completely.
4. Remove the cake from the pan and serve with the blueberry sauce.

Blueberry Chia Seed Jam

This Blueberry Chia Seed jam recipe has no added sugar and uses chia seeds for their gelling ability and thickening power instead of excess sugar or added pectin.

Ingredients:

- 2 cups frozen blueberries (8 ounces)
- 1/4 cup lime juice (2 ounces)
- 1/4 cup erythritol
- 1 tbsp water
- zest from one lime
- 2 tbsp chia seeds

Instructions:

1. Put the frozen blueberries, lime juice, water and erythritol in a small sauce pan over medium heat and bring to a strong simmer. Reduce heat to medium-low and simmer uncovered for 15 minutes.
2. Turn off the heat and lightly puree the blueberries with an immersion blender

or a standing blender.

3. Pour into a clean jar and stir in the chia seeds and lime zest. Let the blueberry jam cool before covering and placing in the refrigerator. It will thicken overnight but still be thinner than regular jam. serving or 16 total servings.
4. This jam keeps for 2-3 weeks in the fridge.



Blueberry Chia Seed jam uses chia seeds for their gelling ability.

PRICES SUBJECT TO CHANGE

Erythritol	.455g	\$11.99
Lime juice "Real lime"	.125ml	\$0.99
Chia seeds organic	.455g	\$6.49
Unsalted vegan butter "Melt organic"	.227g	\$6.79
White chocolate chips	.230g	\$5.99
Cream cheese "Philadelphia"	.250g	\$8.99
Mascarpone "Tre Stelle"	.275g	\$9.89
Arrowroot powder	.230g	\$2.59
Frozen blueberries "Stahlbush island farms"	.300g	\$7.79
Shortbread biscuits "Walkers"	.150g	\$5.79



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