

**BLUEBERRIES ALL DAY LONG!** By Susan Greenberg

Berries are chock full of antioxidants, have anti-inflammatory properties, and bolster immune function. As such, they are considered to be one of the healthiest of fruits. Blueberries have been called "small but mighty." They can be part of breakfast, lunch, dinner, and of course, dessert. Blueberries can easily be frozen when purchased in bulk: spread them single layer in a tray; place in the freezer, and when solid, bag them for winter deliciousness!

---

**BLUEBERRY BAKED OATMEAL** (theveganatlas.com) A great breakfast idea for a change of pace.

Ingredients

- 2 cups rolled oats
- 3/4 cup chopped walnuts or pecans, divided
- 2 teaspoons cinnamon
- 1/4 teaspoon salt
- Pinch of nutmeg, optional
- 1 1/2 cups plant-based milk
- 1/3 cup agave, maple syrup, or date paste
- 1 - 2 teaspoons vanilla extract, to taste
- 1/2 medium banana, thinly sliced, optional
- 1 pint fresh or 12 oz. frozen blueberries

Instructions

1. Preheat the oven to 350° F.
2. In a large mixing bowl, combine oats, 1/2 cup of walnuts (set rest aside for topping), cinnamon, salt, and optional nutmeg. Stir together well.
3. In small bowl, combine the plant-based milk, sweetener, and vanilla; whisk together.
4. Pour wet mixture into the oats and stir together. If using banana, fold it in.
5. Line an 8x8 or 9x9-inch baking pan with parchment paper or use a silicone pan. Arrange all but 1/2 cup of the blueberries on the bottom.
6. Pour in oat mixture, then scatter the remaining blueberries and the reserved nuts over the top.
7. Bake for 45-50 minutes, or until the top looks nicely browned and caramelized.
8. Allow to cool until just warm or at room temperature. This cuts up nicely into squares once it's cooled, but you can also just scoop it out.

Allow to cool completely before covering and storing leftovers in the refrigerator. Keeps well for about 3 days. It's good straight from the fridge, but you can also lightly reheat before serving again.

---

**MINT AND BLUEBERRY 'NICE CREAM'** By Darshana Thacker, (forksoverknives.com) Makes 6 cups  
Frozen blueberries and bananas make the most dramatic-looking nice cream you've ever seen. The addition of fresh mint takes the flavor to the next level. For a pretty garnish, top each serving of this frozen treat with a few fresh blueberries and a sprig of mint.

Ingredients

- 2 cups frozen banana pieces (about 2 large bananas)
- 4 cups frozen blueberries
- 4 to 6 fresh mint leaves

Instructions

1. In a high-speed blender or food processor combine all ingredients. Pulse on low to medium-low until crumbly, stopping and scraping down sides once or twice. Blend continuously 30 seconds to 1 minute or until smooth and creamy.
2. Transfer to a freezer-safe container. Freeze at least 2 hours before serving. Store in freezer up to 1 week.

## HEALTHY BLUEBERRY BUCKLE CAKE By thejaroudifamily.com Serves 8-10; 9-inch square pan

### Ingredients:

#### Wet

- 1 c. non-dairy milk, unsweetened + 2 tsp apple cider vinegar [mix and set aside]
- 1 tbsp ground flax meal + 3 tbsp water [mix and set aside]
- 1/2 c. apple sauce
- 1/2 c. date paste (puree equal parts water + dates)
- 2 c. blueberries (fresh or frozen)

#### Dry

- 2 c. oat flour (process oats in food processor for flour)
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tbsp cinnamon

#### Topping

- 3/4 c. rolled oats
- 1/2 c. date paste
- 1/3 c. oat flour
- 2 tbsp nut butter or applesauce
- Extra blueberries [optional]

### Directions:

1. Preheat your oven to 350 degrees
  2. Mix together the wet ingredients and dry ingredients and pour batter into the baking dish. [Use parchment paper to line pan if you do not have silicone.]
  3. Mix the topping ingredients together and sprinkle over the batter, patting gently into the batter.
  4. Bake for 30 minutes until golden brown.
  5. Let cake cool completely before removing from pan.
-