

Try Me!

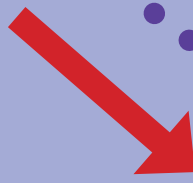
Blueberries

the second most popular berry in the U.S...

strawberries being number one.



Blueberries are the #1 Antioxidant Fruit.



According to Tuft's University, when comparing blueberries to 40 common fresh fruits and vegetables, blueberries are #1 in antioxidant activity.

Antioxidants are what fight against free radicals, the harmful by-products that can lead to cancer as well as disease, like that of heart disease and diabetes.

It is thought that the pigment anthocyanin, which makes blueberries blue, is thought to be responsible for many of these health benefits: age-reducing agent improves eyesight, lowers cholesterol, improver of memory, coordination, and balance, as well as preventing urinary tract infections.

Blueberry Brownies (vegan)

Makes 16 Brownies

1. Preheat oven to 350° and spray an 8 inch baking pan. In a medium mixing bowl, combine applesauce, sugar, and vanilla.
2. In another bowl, whisk together flours, cocoa, baking powder, soda, & salt. Make a well in the center and add wet ingredients; mix until just combined. Gently fold in walnuts and blueberries. Spread mixture into prepared pan and bake for 25-30 minutes, until center is firm and not sticky. Let cool before slicing.

- 1 cup applesauce
- ½ cup sugar
- 1 Teaspoon vanilla
- ½ cup whole wheat flour
- ¼ cup unbleached white flour
- 1/3 cup cocoa powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1/3 cup chopped walnuts
- ½ blueberries
- Cooking spray

Nutrition Facts (per serving)
 80 CAL (20% from fat)
 Fat 2g
 Cholesterol 0mg
 Sodium 208mg
 Total Carb. 15g
 Dietary Fiber 1.4g

