



# Berry Recipes

Fresh Blackberry Sauce ..... 2

Summer Berry Pudding ..... 3

Peach & Blueberry Cobbler..... 4

Strawberry Rhubarb Pie ..... 5

Cherry-Raspberry Buckle..... 6

Pomegranate Berry Smoothie..... 7

Very Berry Fruit Salad ..... 8

Strawberry & Blue Cheese Bruschetta ..... 9



### Fresh Blackberry Sauce

**Makes:** about 2 cups

**Active time:** 10 minutes | **Total:** 10 minutes

**To make ahead:** Prepare through Step 1; cover and refrigerate for up to 8 hours.

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*An uncooked sauce with a lovely blackberry flavor. Serve over vanilla frozen yogurt or with a slice of angel food cake.*

- 1½ pints blackberries**
- 2 tablespoons blackberry brandy**
- 2 tablespoons orange juice**
- 3 tablespoons honey, preferably berry blossom honey**

1. Pick over the berries and reserve 1 cup of the smallest and most attractive. Puree the remaining 2 cups berries in a food processor with the brandy, orange juice and honey. Transfer the mixture to a sieve set over a medium

bowl. Press the puree through the sieve and discard the seeds.

2. Just before serving, stir in the reserved whole berries.

**Per 2-tablespoon serving:** 30 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 7 g carbohydrate; 0 g protein; 1 g fiber; 1 mg sodium; 50 mg potassium.

**Carbohydrate Servings:** 1

**Exchanges:** ½ fruit, ½ other carbohydrate





## Summer Berry Pudding

**Makes:** 2 servings

**Active time:** 20 minutes | **Total:** 6 hours 20 minutes (including chilling time)

**To make ahead:** Cover and refrigerate for up to 2 days.

**Equipment:** Two 1-cup (8-ounce) ramekins or similar-size dishes.

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*A summer pudding is a British warm-weather wonder—not steamed like a sticky pudding but an easy dish that sets up thanks to the pectin in the berries. Be sure to use firm, bakery-quality bread.*

- 4 small slices firm white bread,  
crusts removed
- 1 cup sliced fresh strawberries
- 1 cup fresh blueberries
- 1 cup fresh raspberries
- 2 tablespoons sugar
- 2 tablespoons water
- Pinch of salt

1. Place a 1-cup (8-ounce) ramekin or similar-size dish on top of a slice of bread and cut around it to trim the bread to fit the dish. Repeat with the remaining 3 slices of bread.
2. Combine berries, sugar, water and salt in a medium saucepan and cook over medium-high heat until the berries break down, 5 to 6 minutes. Reserve  $\frac{1}{3}$  cup for garnish; cover and refrigerate.
3. Place 1 tablespoon of the remaining berry mixture in the bottom of each ramekin. Top with a slice of bread. Divide the remaining

berry mixture between each, then top with another slice of bread.

4. Put the puddings on a large plate to catch any overflowing juices. Cover each with plastic wrap, then place a 15-ounce weight, such as a can of beans, on top of each pudding. Refrigerate for at least 6 hours or up to 2 days.

5. To unmold, remove the weight and plastic wrap, run a knife around the inside of the ramekin, and invert onto a dessert plate. Spoon the reserved berry mixture over the puddings.

**Per serving:** 252 calories; 2 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 56 g carbohydrate; 5 g protein; 8 g fiber; 299 mg sodium; 277 mg potassium.

**Nutrition bonus:** Vitamin C (120% daily value).

**Carbohydrate Servings:** 3

**Exchanges:** 1 starch,  $1\frac{1}{2}$  fruit, 1 other carbohydrate





### Peach & Blueberry Cobbler

**Makes:** 10 servings

**Active time:** 20 minutes | **Total:** 1¼ hours

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*This is a healthier version of a traditional cobbler, with canola oil in place of some of the butter and whole-wheat flour instead of all-purpose flour. Unlike more classic biscuit-topped cobblers, the peaches and blueberries are nestled into a tender batter that swells around the fruit as it bakes. Other fruits may be substituted. It's especially beautiful when baked in and served right from a cast-iron skillet.*

- 3 tablespoons unsalted butter
- 3 tablespoons canola oil
- 1 cup whole-wheat flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 1 cup reduced-fat milk
- ½ cup sugar
- 1 teaspoon vanilla extract
- 3 ripe but firm peaches (about 1 pound), pitted and sliced into eighths, or 3½ cups frozen
- 2 cups (1 pint) fresh or frozen blueberries

1. Preheat oven to 350°F.
2. Place butter and oil in a 12-inch cast-iron skillet or a 9-by-13-inch baking pan. Heat in the oven until melted and fragrant, 5 to 7 minutes.
3. Meanwhile, combine flour, baking powder and salt in a large bowl. Add milk, sugar and

vanilla; stir to combine.

4. Add the melted butter mixture to the batter and stir to combine. Pour the batter into the hot pan. Spoon peaches and blueberries evenly over the batter.

5. Return the pan to the oven and bake until the top of the cobbler is browned and the batter around the fruit is completely set, 50 minutes to 1 hour. Remove to a wire rack to cool for at least 15 minutes. Serve warm.

**Per serving:** 182 calories; 8 g fat (3 g sat, 3 g mono); 11 mg cholesterol; 26 g carbohydrate; 7 g added sugars; 3 g protein; 3 g fiber; 212 mg sodium; 140 mg potassium.

**Carbohydrate Servings:** 1½

**Exchanges:** ½ fruit, 1½ carbohydrate (other), 1½ fat





**Tip:** Whole-wheat pastry flour contains less gluten than regular whole-wheat flour and helps ensure a tender result in delicate baked goods. Find it in the baking section of the supermarket or online at [bobsredmill.com](http://bobsredmill.com) and [kingarthurfLOUR.com](http://kingarthurfLOUR.com).

## Strawberry Rhubarb Pie

**Makes:** 10 servings

**Active time:** 1 hour | **Total:** 4½ hours (including chilling and cooling)

**To make ahead:** Refrigerate dough for up to 2 days or freeze for up to 6 months. | **Equipment:** 9-inch pie pan

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*Rhubarb and strawberries go hand in hand, and what better way to honor the combination than in this classic summer pie. The lattice top looks fancy but the technique is super-easy to master.*

### Crust

- 1¼ cups whole-wheat pastry flour  
(see Tip)
- 1¼ cups all-purpose flour
- 2 tablespoons sugar, plus 1 teaspoon  
for sprinkling (optional)
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter
- ¼ cup reduced-fat sour cream
- 3 tablespoons canola oil
- 4 tablespoons ice water
- 1 large egg white, beaten, for  
brushing

### Filling

- 2½ tablespoons instant tapioca
- 4 cups sliced fresh or frozen (not  
thawed) strawberries (about 1¼  
pounds)
- 1 cup sliced fresh or frozen (not  
thawed) rhubarb
- ⅔ cup sugar
- 1 tablespoon lemon juice
- Pinch of ground nutmeg
- Pinch of salt

**1. To prepare crust:** Whisk whole-wheat flour, all-purpose flour, 2 tablespoons sugar and salt in a large bowl. Cut butter into small pieces and, with your fingers, quickly rub them into the dry ingredients until smaller but still visible. Add sour cream and oil; toss with a fork to combine with the dry ingredients. Sprinkle water over the mixture. Toss with a fork until evenly moist. Knead the dough with your

hands in the bowl a few times—the mixture will still be a little crumbly. Turn out onto a clean surface and knead a few more times, until the dough just holds together. Divide the dough in half and shape into 5-inch-wide disks. Wrap each in plastic and refrigerate for at least 1 hour.

**2. To prepare filling:** Just before you're ready to roll out the dough, process tapioca in a spice grinder, mini food processor or blender until finely ground. Combine with strawberries, rhubarb, sugar, lemon juice, nutmeg and salt in a large bowl; toss well to combine.

**3.** Position a rack in the center of the oven and place a foil-lined baking sheet on the rack below; preheat to 425°F.

**4.** Remove the dough from the refrigerator; let stand for 5 minutes to warm slightly. Roll one portion between sheets of parchment or wax paper into a 12-inch circle. Peel off the top sheet and invert the dough into a 9-inch pie pan. Peel off the remaining paper. Moisten the outer edge of the dough with water. Scrape the filling and any accumulated juices into the crust.

**5. To prepare lattice top:** Roll the remaining dough between sheets of parchment or wax paper into a 12-inch circle. Peel off the top sheet. Cut the dough into 1-inch strips using a pastry wheel or a knife. Lift off every other strip and lay them on top of the pie, leaving about a 1-inch gap between strips. Use the shorter strips for the edges and the longer ones for the middle of the

pie. (You may not need to use the outermost strips.) Fold back the first, third and fifth strips of dough to the edge of the pie. Place a shorter strip of dough across the second and fourth strips, about 1 inch from the edge. Unfold the folded strips over the crosswise strip. Fold back the second and fourth strips over the first crosswise strip. Place another strip crosswise, about 1 inch from the first. Unfold the strips over the second crosswise strip. Continue folding back alternating strips and placing crosswise strips until the top is covered with woven strips. Trim any overhanging crust. Crimp the outer edge with a fork. Brush the dough with egg white; sprinkle 1 teaspoon sugar (if using) over just the lattice top, not the outer edge.

**6.** Bake the pie for 20 minutes. Then rotate the pie 180 degrees and lower the oven temperature to 325°. Continue baking until the crust is golden and the filling is beginning to bubble, 30 to 35 minutes more. Let cool on a wire rack for at least 2 hours before serving.

**Per serving:** 294 calories; 10 g fat (4 g sat, 3 g mono); 14 mg cholesterol; 47 g carbohydrate; 4 g protein; 3 g fiber; 82 mg sodium; 169 mg potassium.

**Nutrition bonus:** Vitamin C (70% daily value), Folate (16% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 1½ starch, ½ fruit, 1 carbohydrate (other), 2 fat



## Cherry-Raspberry Buckle

**Makes:** 8 servings

**Active time:** 20 minutes | **Total:** 1 hour 40 minutes

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*Buckles are a traditional fruit-studded dessert that's like a soft, moist cake. We use a combination of cherries and raspberries here, but try any fruit combination that sounds good to you. Just don't exceed the total of 3 cups fruit—too much fruit will make the cake too wet.*

- 1½ cups white whole-wheat flour (see *Tips*)
- 2 teaspoons baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- ½ cup low-fat milk
- ½ cup unsweetened applesauce
- ½ cup light olive oil or canola oil
- ½ cup granulated sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1½ cups raspberries or blueberries, fresh or frozen
- 1½ cups halved pitted sweet cherries, fresh or frozen, or chopped ripe apricots (½-inch pieces)
- 2 tablespoons sliced almonds
- 2 teaspoons raw cane sugar, such as Demerara or turbinado (optional; see *Tips*)

1. Preheat oven to 350°F. Coat a 9-inch baking dish or springform pan with cooking spray. (If using frozen fruit, let stand for about 30 minutes, stirring occasionally, to partially defrost before folding into the batter.)
2. Whisk flour, baking powder, cinnamon and salt in a large bowl. Whisk milk, applesauce, oil, granulated sugar, egg and vanilla in a medium bowl until blended. Add the wet ingredients to the dry ingredients and gently fold until blended. Sprinkle berries and cherries (or

apricots) on top and fold just until blended. Spoon the batter into the prepared baking dish. Sprinkle with almonds and raw sugar (if using).

3. Bake until golden brown and a toothpick inserted in the center comes out with just a few moist crumbs, 45 to 55 minutes. Let cool for about 30 minutes before serving.

**Per serving:** 305 calories; 16 g fat (2 g sat, 11 g mono); 24 mg cholesterol; 40 g carbohydrate; 13 g added sugars; 5 g protein; 5 g fiber; 211 mg sodium; 180 mg potassium.

**Nutrition bonus:** Iron (20% daily value).

**Carbohydrate Servings:** 2½

**Exchanges:** 1 starch, ½ fruit, 1 other carbohydrate, 3 fat

### Tips:

**White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available at large supermarkets and natural-foods stores. Store it in the freezer.**

**Raw cane sugar, such as Sugar in the Raw, is coarse-grained and light brown in color, with a slight molasses flavor. Find it in the natural-foods section of large supermarkets or at natural-foods stores.**





### Pomegranate Berry Smoothie

**Makes:** about 3½ cups, for 2 servings

**Active time:** 5 minutes | **Total:** 5 minutes

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*This berry smoothie is made with pomegranate juice and packs lots of satisfaction from banana and cottage cheese.*

- 2 cups frozen mixed berries**
- 1 cup pomegranate juice**
- 1 medium banana**
- ½ cup nonfat cottage cheese**
- ½ cup water**

Combine mixed berries, pomegranate juice, banana, cottage cheese and water in a blender; blend until smooth. Serve immediately.

**Per serving:** 206 calories; 1 g fat (0 g sat, 0 g mono); 3 mg cholesterol; 49 g carbohydrate; 0 g added sugars; 6 g protein; 6 g fiber; 133 mg sodium; 625 mg potassium.

**Nutrition bonus:** Vitamin C (39% daily value), Potassium (18% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 3 fruit, ½ nonfat milk



## Very Berry Fruit Salad

**Makes:** 8 servings, 1 cup berries & 2½ Tbsp. sauce each

**Active time:** 15 minutes | **Total:** 3¼ hours

**To make ahead:** Make berry puree (Step 1) and lemon sauce (Step 2) and refrigerate for up to 3 days. Combine fresh berries with the puree about 1 hour before serving.

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*This easy fruit salad recipe is a dazzler: a large bowl of colorful berries served with a cool lemon curd sauce. Use room-temperature fruit in this berry salad (or if you are taking the berries out of the refrigerator, set them in an oven that's recently been on to gently warm them). The flavor of warm or room-temperature berries is so much better, as if they're fresh-picked and still hold the warmth of the sun.*

### Berry Puree

1½ cups fresh raspberries

1 cup hulled and quartered fresh ripe strawberries

⅓ cup fresh orange juice

2 tablespoons fresh lemon juice

¼-½ cup sugar

### Lemon Sauce

¼ cup prepared lemon curd (see Tip)

1 cup reduced-fat sour cream, crème fraîche or plain Greek yogurt

### Berries

4 cups fresh strawberries

3 cups fresh blueberries

3 cups fresh blackberries

Sugar to taste (optional)

1½ cups fresh raspberries

Fresh mint leaves for garnish

**1. To prepare puree:** Puree 1½ cups raspberries, 1 cup strawberries, orange juice and lemon juice in a blender until smooth. Add sugar to taste. Set aside at room temperature for up to 3 hours or cover and refrigerate.

**2. To prepare sauce:** Place lemon curd in a medium bowl and gradually stir in sour cream (or crème fraîche or yogurt). Transfer to a serving dish, cover and refrigerate until ready to serve.

**3. To prepare berries:** If refrigerated, remove berries and the berry puree from the refrigerator about 3 hours before serving to bring them

to room temperature. (Room-temperature berries and puree have the best flavor.) About 1 hour before serving, hull and quarter the strawberries and combine with the blueberries and blackberries in a large mixing bowl. Toss with the puree. Adjust the sweetness if necessary by gradually adding sugar to taste, 1 tablespoon at a time. Cover and let stand at room temperature.

**4.** Just before serving, add the raspberries to the bowl, tossing very gently with two spoons and being careful not to break up the berries. Transfer to a serving dish, if desired, and garnish with mint. Serve each portion of berries topped with about 2½ tablespoons of the lemon sauce.

**Per serving:** 208 calories; 6 g fat (3 g sat, 1 g mono); 12 mg cholesterol; 35 g carbohydrate; 7 g added sugars; 4 g protein; 9 g fiber; 17 mg sodium; 403 mg potassium.

**Nutrition bonus:** Vitamin C (148% daily value).

**Carbohydrate Servings:** 2

**Exchanges:** 1½ fruit, ½ other carbohydrate, ½ fat

**Tip:** Look for prepared lemon curd—a custardy spread—near the jams in well-stocked supermarkets or specialty-foods stores. Try leftover curd on toasted baguette. Alternatively, omit Step 2 and use lemon-flavored Greek yogurt to top the berry salad.





## Strawberry & Blue Cheese Bruschetta

**Makes:** 1 dozen

**Active time:** 20 minutes | **Total:** 20 minutes

☐ Heart Health ☒ Diabetes ☐ Weight Loss ☐ Gluten Free

*In this healthy bruschetta recipe, the big, bold, salty, tangy flavor of blue cheese makes an unexpected but utterly delicious match with sweet juicy strawberries. This bruschetta recipe makes a quick, easy appetizer and is so pretty topped with chopped green chives.*

- 12 medium strawberries, hulled and sliced**
- 1 teaspoon sugar**
- ¼ cup (2 ounces) reduced-fat cream cheese (Neufchâtel)**
- ¼ cup crumbled blue cheese**
- 1-2 teaspoons water, if needed**
- 1 tablespoon finely chopped fresh chives, plus more for garnish**
- ¼ teaspoon freshly ground pepper**
- 12 slices whole-grain baguette (¼ inch thick), warmed or toasted**

- 2.** Combine cream cheese and blue cheese in a small bowl using a fork. Add water, if necessary, for a thick but spreadable consistency. Stir in 1 tablespoon chives and pepper.
- 3.** Spread about 1 teaspoon of the cheese mixture on each piece of baguette. Top with the sliced berries. Garnish with a sprinkle of chives, if desired.

**Per piece:** 66 calories; 2 g fat (1 g sat, 0 g mono); 5 mg cholesterol; 10 g carbohydrate; 1 g added sugars; 2 g protein; 1 g fiber; 139 mg sodium; 33 mg potassium.

**Carbohydrate Servings:** ½

**Exchanges:** ½ starch, ½ fat

- 1.** Combine strawberries and sugar in a medium bowl and let stand while you make the cheese spread.

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## About EatingWell health tags

A recipe checked...

-  **Heart Health** has limited saturated fat.
-  **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
-  **Weight Loss** has reduced calories (and limited saturated fat).
-  **Gluten Free** does not contain wheat, rye, barley or oats.  
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)

*Photography by Ken Burris (pages 1-7); Helen Norman (page 8); Carin Krasner (page 9).*

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