

2017 RECIPE SHEET



Cashew Date Cream-Stuffed Strawberries

Courtesy of www.onegreenplanet.org

Ingredients

- ◆ 2 cups fresh strawberries, washed and dried
- ◆ 2 cups fresh blueberries, washed and dried
- ◆ 1 cup cashew date cream
- ◆ For the Cashew Date Cream:
- ◆ 1 cup raw cashews, soak in cold water for 4hrs
- ◆ 1 cup pitted dates, preferably Medjool, soak in cold water for 4hrs
- ◆ 1 tablespoon pure vanilla extract
- ◆ 1-2 pinches ground cinnamon, to taste
- ◆ Non-dairy unsweetened vanilla milk, for thinning

Preparation

Cut a thin slice from the bottom of the strawberries so that they stand upright. Remove tops of strawberries with a paring knife and gently scoop out some of the insides of the strawberries.

Use a pastry bag with a decorative tip, or fill a plastic bag with one corner cut off, with cashew date cream. Fill the strawberries with the cream and top with a blueberry. Serve immediately, or cover and refrigerate until ready to use.

To Make the Cashew Date Cream:

Soak cashews and dates separately in cold water for 4 hours. Drain cashew and dates. Add dates, cashews, vanilla, and cinnamon to a blender, or food processor fitted with S-shaped blade. Purée until creamy and smooth, adding a tiny bit of non-dairy milk if it's too thick. Chill in refrigerator for a minimum of 1 hour, or until ready to use.



Strawberry and Pistachio Frozen Yogurt Bark

Courtesy of www.thekitchn.com

Ingredients

- ◆ 2 cups plain Greek yogurt
- ◆ 1/4 cup plus 2 tablespoons honey
- ◆ 2 teaspoons vanilla extract
- ◆ 1/8 teaspoon fine salt
- ◆ 1 cup diced strawberries
- ◆ 1/2 cup toasted pistachios

Directions

Line a rimmed baking sheet with aluminum foil (make sure it fits in your freezer, otherwise line two large plates instead); set aside.

Whisk the yogurt, 1/4 cup of the honey, vanilla, and salt together in a medium bowl. Pour onto the baking sheet and use a rubber spatula to spread into an even layer about 1/2-inch thick (it will not reach to the edges of the baking sheet).

Place the strawberries, pistachios, and remaining 2 tablespoons honey in a small bowl and mix gently to combine. Scatter the strawberry-pistachio mixture evenly over the yogurt.

Freeze uncovered until solid, about 4 hours. Pick up the bark by grasping the foil and lifting it up and onto a cutting board. Cut into serving pieces and serve immediately, or keep frozen in an resealable plastic bag.



Strawberry Napoleons

Courtesy of www.allrecipes.com

Ingredients

- ◆ 1 (3.5 oz) package instant vanilla pudding and pie filling
- ◆ 1 cup cold 2% milk
- ◆ 1-1/2 cups non-dairy whipped topping, thawed
- ◆ 1/2 (17.25 oz) package frozen pastry, thawed
- ◆ 1 pint fresh strawberries, thinly sliced
- ◆ 1/4 cup confectioners' sugar

Directions

Preheat oven to 400 degrees F (200 degrees C). Combine pudding mix and cold milk; fold in whipped topping. Refrigerate until ready to use.

Unfold pastry on a cool, lightly floured surface. Cut into 3 strips along fold marks, then cut each strip into four equal pieces. Place 2 inches apart on a baking sheet.

Bake for 15 minutes in the preheated oven, or until golden brown. Remove from baking sheet, and cool.

Split pastries into 2 layers, setting the 8 best looking tops aside. Spread 8 bottom layers with dollops of the pudding mixture. Top each with a layer of strawberries, a small amount of pudding, and another pastry layer. (A small amount of the pudding mix on top of the berries will help keep the layers together.) Spread with remaining pudding mixture and strawberries, and top with remaining pastry layers (the best looking ones). Sprinkle with confectioner's sugar.



Bourbon Vanilla Blueberry Peach Crumble

Courtesy of www.onegreenplanet.org

Ingredients

- ◆ 3 peaches, sliced
- ◆ 1/2 cup wild blueberries
- ◆ 2 tablespoons bourbon
- ◆ 1 teaspoon vanilla
- ◆ Seeds from 1/2 a vanilla bean (optional)
- ◆ 2 tablespoons maple syrup
- ◆ 1 tablespoon lemon juice
- ◆ 1 cup oats
- ◆ 1/2 cup spelt flour
- ◆ 1/4 cup brown sugar
- ◆ 1/4 cup coconut oil
- ◆ 2 teaspoons cinnamon
- ◆ 1/2-1 teaspoon nutmeg
- ◆ 2 handfuls crushed walnuts

Directions

In a medium-sized cast iron skillet, combine the sliced peaches, wild blueberries, bourbon, vanilla, vanilla bean, maple syrup, and lemon juice. Let sit for 30 minutes. Preheat the oven to 375°F.

In a medium-sized mixing bowl combine oats, spelt flour, brown sugar, cinnamon, nutmeg, and coconut oil. Mix it with your hands and disperse any clumps by massaging the mixture between your fingers. Once fully combined, layer the crumble topping over the fruit in the skillet. Make sure it is evenly distributed.

Bake the crumble for 30-35 minutes. You will know it is done when the top is golden brown and the edges are bubbling. Let cool for 10 minutes before serving.



Creamy Smoked Turkey and Blueberry Salad

Recipe courtesy of North American Blueberry Council

Ingredients

- ◆ 1/2 cup light mayonnaise
- ◆ 1/2 cup plain low-fat yogurt
- ◆ 1/4 cup orange marmalade
- ◆ 2 teaspoons fresh lemon juice
- ◆ 1/2 teaspoon ground black pepper
- ◆ 3 medium peaches (about 1 pound), cut in wedges (about 3 cups)
- ◆ 1 pint blueberries
- ◆ 2 cups cubed smoked turkey (8 ounces)

Directions

In a bowl combine the mayonnaise, yogurt, marmalade, lemon juice and pepper. Add peach slices, blueberries and turkey; toss until well coated. Serve on lettuce leaves, if desired.



Blueberry Pie Pops

Courtesy of www.practicalmommy.com

Ingredients

- ◆ Pillsbury Ready Made Pie Crust
- ◆ 1 can Blueberry pie filling
- ◆ Lollipop sticks

Directions

Follow the directions on the pie crust to thaw or bring to room temperature, then unroll them on your cutting board.

Use a cookie cutter to cut the crusts into lots of little circles. (Hint: you can also use a round glass or anything else around your kitchen to make your shapes.) I used a plastic treat container that was about 2" across. Don't make them much larger than 2" across because they might not stay on the popsicle sticks.

Lay out half of your circles of pie crust on a baking sheet. Push your popsicle sticks gently into the crust about half an inch into the circle.

Place a small drop of pie filling onto each circle. Be sure not to use too much because then the pie pops will not seal and will come apart during baking. Cut a few slits in the center of the top crusts, put some water or an egg wash around the edges, and place it on top of each pop. Use a fork to press down around all the edges of each pop.

Bake your pie pops for about 20-22 minutes. Place the finished pie pops in a jar, glass or put the sticks in a Styrofoam block to keep them upright.



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