

Blueberry recipes Farm2School 2012

[Blueberry Parfait](#) yield 1 serving

Ingredients:

Vanilla yogurt 2oz or 1/4 cup
Blueberries IQF or frozen 2oz or 1/4 cup
Strawberry yogurt 2oz or 1/4 cup
Granola 1oz or 2Tbsp
Whipped topping 1 Tbsp.



Procedure:

In a cup, layer the vanilla yogurt, blueberries, and strawberry yogurt.
Top with granola and a dollop or rosette of whipped topping.

[Blueberry oatmeal bake](#) yield: 12-15 servings (depending on cut and pan size)

Ingredients:

Oatmeal 6 1/4 cups
Brown sugar 2 cups
Flax seed ground (or whole wheat flour) 1 1/4 cups
Cinnamon ground 1T. 2 tsp.
Baking Powder 1Tbsp., 2 tsp.
Salt 2 1/2 tsp.
Milk regular or skim 2 1/2 cups
Eggs beaten 1 1/4 cup or 5 each
Apple sauce, diet or regular 1 1/4 cup
Vanilla 1 Tbsp., 2 tsp.
Blueberries 2 cups

Procedure:

Preheat regular oven to 350, convection to 300 degrees.
In a large bowl mix together the oatmeal, brown sugar, cinnamon, baking powder, ground flax seed and salt.
In another bowl beat together the milk, eggs, apple sauce and vanilla.
Add the wet mixture to the dry mixture.
Gently fold in the blueberries. Spray a 2" half pan with food release and evenly spread the batter into the pan.
Place into the oven and bake for 30-35 minutes.
Remove, and let rest for 10-15 minutes.
Cut and serve.