

Your Just Desserts



Blueberries Pop With Fun All Summer Long!

(NAPSA)—Blueberries are nature's little blue dynamos, ready to blast, burst and bounce their way into any dish you can imagine. However you use them, fresh blueberries pop with their own unique flavor, color and fun!

In desserts, blueberries are always a winner! Blueberry pie is a classic and now there's a variation your family and friends will adore. "Blueberry-Apricot Pot Pies" are baked in individual servings. When they come out of the oven, guests break the crisp crust to uncover a filling of luscious, plump blueberries and bits of dried apricots underneath.

Looking for superquick summertime blueberry desserts? Here are a few ideas:

- Mix blueberries into prepared rice pudding. Delight the kids by serving the blueberry pudding in ice cream cones!

- Whirl blueberries with sorbet in a blender, scoop into bowls.

- Stir fresh blueberries into melted blueberry jam and serve over frozen yogurt.

Sure, blueberries taste great, but remember there are good, sound reasons to enjoy blueberries. A whole cup has just 80 calories and provides fiber, vitamin C, manganese and antioxidants.

Get more recipes for using blueberries at www.littlebluedynamos.com.



A crisp crust covers the luscious filling in Blueberry-Apricot Pot Pies.

3 cups fresh blueberries
¼ cup dried apricots, cut into ¼-inch pieces

Preheat oven to 375° F; lightly butter four ¾-cup (6-ounce) baking cups. Place pastry flat onto a floured board; invert a baking cup ½-inch from the edge of the pastry; with a small sharp knife, cut out a circle ½-inch larger than the cup; repeat to make 4 rounds; cut a small hole in the center of each. In a medium bowl, combine sugar and cornstarch; add blueberries and apricots; toss to coat; divide equally among the cups. With water, lightly moisten the rim of each cup; place a pastry round on each; fold under the edge and crimp. Repeat. Place cups on a baking sheet. Bake until the filling just begins to bubble, 25 to 30 minutes. Cool 5 to 10 minutes. Serve warm.

YIELD: 4 portions

Per portion: 328 calories, 55g carbohydrate, 12g total fat, 5g saturated fat.

Blueberry-Apricot Pot Pies

1 9-inch round refrigerated pie crust (from a 15-ounce package)

¼ cup sugar

4 teaspoons cornstarch