

Recipes For Health

Enjoy Fresh, Flavorful Fruit Year-Round

(NAPSA)—It may not be summer here in North America, but no need to miss out on the freshness of the season. Nutritious and delicious fresh nectarines, blueberries and other delights from Chile are available all winter long in your grocery store.

It's summer in Chile, where the climate, soil and water yield consistently high-quality fruit that meets the highest assurance standards in the world. That's good news, because natural fruits are not only good to eat, they're good for you. A half cup of blueberries packs a bounty of fiber, vitamin C, potassium and antioxidants into only 40 sweet calories. Eating blueberries may also help prevent cancer, heart disease and Alzheimer's.

Fresh fruits can satisfy a sweet tooth without adding unhealthy fat or excessive calories because fruits contain naturally occurring sugars in calorie-free plant fibers and water. They help you fill up without filling out.

Here's a great way to enjoy summer fresh nectarines and blueberries:

Fresh Chilean Nectarine and Blueberry Cobbler

- 1½ cups flour
- ½ cup sugar, divided
- 6 Tbsp. butter, cut into pieces
- 1½ Tbsp. baking powder
- ¼ tsp. salt
- ¾ cup heavy cream, divided
- 4 cups fresh Chilean blueberries
- 1½ lbs. (6 medium) ripe Chilean nectarines, pitted and cut in eighths



Sweet and natural, this Fresh Chilean Nectarine Blueberry Cobbler is a warm, comforting dish.

Preheat oven to 350° F. In the bowl of a food processor, combine flour, ¼ cup of the sugar, butter, baking powder and salt. Pulse until the mixture resembles coarse crumbs. Set aside 1 Tbsp. of the cream. Add the remaining cream to flour mixture; process until dough starts to form a ball, scraping sides of bowl as needed. Turn dough out onto a lightly floured surface; gently pat it together. Divide dough into eight 2-inch balls; flatten into rounds; wrap and refrigerate at least 20 minutes. In a shallow 2½-quart baking dish, combine blueberries, nectarines and 3 Tbsp. of the sugar. Arrange dough rounds on top. Brush rounds with reserved cream; sprinkle with remaining 1 Tbsp. sugar. Bake until the filling bubbles and the topping has browned, about 50 minutes. Serves 8. Serve warm with ice cream, if desired.

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