

Your Just Desserts

Dessert Duo: Waffles And Blueberries



Blueberries add taste and nutrition to a quick-to-make dessert.

(NAPSA)—Waffles for dessert? When they're topped with ice cream and blueberries, the answer is yes! In each blissful mouthful of this luscious creation, you'll taste crisp, freshly toasted waffle, creamy vanilla ice cream and blueberries gently spiced with cinnamon and black pepper.

Fresh blueberries are available almost any time of year, or you can head for the frozen food aisle to pick up the essentials for this recipe—blueberries, waffles and ice cream.

Blueberries taste great and there are so many ways to eat them. You should also know that they're loaded with disease-fighting antioxidants.

For more information and recipes, visit www.ushbc.org or send a stamped self-addressed envelope to: Blueberry Classics, U.S. Highbush Blueberry Council, 2390 E. Bidwell St. #300, Folsom, CA 95630.

DESSERT WAFFLES WITH SPICED BLUEBERRY SAUCE

- 1½ teaspoons cornstarch
- 2 cups fresh or frozen (unthawed) blueberries, divided
- 3 tablespoons sugar
- 1 teaspoon ground cinnamon
- ¼ to ½ teaspoon ground black pepper
- 4 frozen waffles, toasted, or freshly made waffles
- 4 scoops vanilla ice cream or frozen yogurt

In a small saucepan, thoroughly combine cornstarch with ⅓ cup cold water; stir in half of the blueberries, the sugar, cinnamon and black pepper. Over medium heat, bring to a boil; boil until sauce is clear, about 1 minute; remove from heat. Stir in remaining blueberries; cool. Place warm waffles on dessert plates. Scoop ice cream onto waffles; top with sauce.

YIELD: 4 portions