

# Blueberries Are Healthy Superstars!



**Star-Spangled Blueberry Parfaits top off summer meals with style.**

(NAPSA)—Stack blueberries and a few other tasty ingredients in glasses, and in minutes, you have a healthy, light dessert. Fresh, juicy blueberries make “Star-Spangled Blueberry Parfaits” a colorful addition to your summer celebrations.

Blueberries are health superstars for several reasons. They’re loaded with disease-fighting antioxidants and a half-cup serving of blueberries contributes to your daily need for vitamin C and fiber with only 40 calories and zero fat.

Fresh, frozen, canned and dried blueberries, as well as blueberry juice, are available throughout the year. For more easy, delicious recipes and blueberry information, visit [www.blueberry.org](http://www.blueberry.org) or send a SASE to the USHBC, 2390 East Bidwell, Suite 300, Folsom, CA 95630-3872.

## STAR-SPANGLED BLUEBERRY PARFAITS

**1 loaf (10¾ ounces) frozen reduced-fat pound cake**  
**¼ cup red currant jelly or other red fruit jam**

**2 containers (6 ounces each) lowfat vanilla yogurt**  
**2 cups fresh blueberries**

**With a serrated knife, cut 14 slices, ¼-inch thick, from pound cake; reserve remaining cake for another use. Spread 7 of the slices with jelly; top with plain slices; trim off and discard crusts. With a 1¼ inch star-shaped cookie cutter, cut a star from four sandwiches; set aside. Cut sandwich trimmings and remaining whole sandwiches into ¾-inch squares. Into four 8-ounce parfait or wine glasses, place *half* the cake squares, *half* the blueberries, and 1½ containers yogurt, dividing equally. Top with the remaining cake squares and blueberries. Spoon dollops of the remaining yogurt on top of each parfait; top each with a star and serve.**

**Yield: 4 servings**

Note: Other shape cookie cutters may be used. Small cookie cutters can be found at most craft and houseware stores, or go to [www.surlatable.com](http://www.surlatable.com).