

Warm Up With Blueberries



(NAPSA)—What could be nicer on a chilly day than a Blueberry Upside-Down Cake warm from the oven? This quick-to-make treat featuring a generous topping of sweet delicious blueberries can be served as a snack or dessert.

Find blueberries in the freezer section of the supermarket all year-round. They deliver super nutrition, including disease-fighting antioxidants. With frozen blueberries on hand, you can easily sprinkle them over cereal, yogurt and fruit salads, bake them in muffins and pancakes, or pop a few in your mouth anytime! A half-cup serving of fresh or frozen blueberries contributes to your daily need for vitamin C and fiber, with only 40 calories and zero fat.

For more easy, delicious recipes and blueberry information, visit www.blueberry.org or send an SASE to the U.S. Highbush Blueberry Council, 2390 East Bidwell, Suite 300, Folsom, CA 95630-3872.

BLUEBERRY UPSIDE-DOWN CAKE

2 cups frozen blueberries, not thawed

1/4 cup sugar
1 teaspoon cornstarch
1 package (6.5 or 7 ounces) muffin mix, any flavor
1 egg, lightly beaten
1/3 cup low-fat milk
1 container (6 ounces) fat-free blueberry yogurt

Preheat oven to 350°; spray an 8-inch round baking pan with cooking spray; set aside. Rinse blueberries with cold water; pat dry. In a medium bowl, stir sugar with cornstarch; add blueberries, toss; spread in prepared pan. In a medium bowl, blend muffin mix, egg and milk until batter is slightly lumpy (do not over mix); spread over berries. Bake until center springs back when pressed, 25 to 30 minutes. Cool 5 minutes; invert onto a plate. Serve with yogurt.

Yield: 6 portions

Per serving: 230 calories; 41 g carbohydrate; 5 g total fat.