

Kitchen Korner

Blueberries Perk Up a Weekend Brunch



A blueberry treat is great for a lazy weekend breakfast or brunch.

(NAPSA)—Looking for something special to serve for breakfast or brunch? Blueberry-Maple Breakfast Bake is just the thing! Somewhere between French toast and bread pudding, Blueberry-Maple Breakfast Bake is so easy you'll make it often for family and guests.

You also get a nutrition boost from blueberries when you serve this morning treat. These juicy little gems are extremely high in antioxidants, which help your body fight disease.

Whether you use fresh, frozen or canned blueberries, you get the nutritional benefits and sweet berry flavor. If you use frozen, don't defrost them, and if you use canned, drain well before adding them to the mixture.

You can learn much more about blueberries and download recipes at www.ushbc.org, or send a self-addressed stamped envelope to the U.S. Highbush Blueberry Council, 4995 Golden Foothill Parkway, Suite #2, El Dorado Hills, CA 95762.

BLUEBERRY-MAPLE BREAKFAST BAKE

1 loaf (14 ounces) challah or other white bread

4 ounces reduced-fat cream cheese

2 cups fresh, frozen or canned (drained) blueberries, divided

8 eggs, beaten

1½ cups milk

¼ cup maple syrup

¼ cup melted butter

Preheat oven to 350°F. Remove crusts from bread; cut in 1-inch cubes. Cut cream cheese in small cubes (makes about 1 cup). Grease a 9- x 9- x 2-inch baking dish. Place half of the bread cubes in the dish. Scatter cream cheese cubes and 1 cup of blueberries over the bread. Top with remaining bread cubes and blueberries. In a bowl, combine eggs, milk, maple syrup and butter. Carefully pour over bread mixture.* Bake until a knife inserted in the center comes out clean, about 1 hour, covering with aluminum foil if edges brown too much. To serve, cut in squares. Accompany with additional maple syrup, if desired.

* Can be prepared up to this point the night before and refrigerated. Or, bake ahead of time and reheat in the oven just before serving.

YIELD: 9 portions