

Delightful Food Ideas

Easy, Elegant Dish Is The Berries

(NAPSA)—When you're looking for something to serve for breakfast, brunch or even dessert, Blueberry Corn Bread Pudding with Blueberry Sauce may be the answer. It's simple to prepare, stays beautiful even when made ahead, and looks sophisticated and elegant upon presentation.

Soft corn bread paired with sweet, fresh blueberries and crunchy pistachios creates just the right balance of flavor and texture. Finished with a sweet and silky blueberry sauce, this dish should become a family favorite.

Whether fresh or frozen, blueberries provide the antioxidant vitamin C and fiber, making them a great ingredient to incorporate into meals and to include in your daily diet.

Blueberry Corn Bread Pudding with Blueberry Sauce

- 6 cups prepared corn bread, cut into 1-inch cubes
- 1 cup sugar
- 1 teaspoon ground cinnamon
- 2 cups milk
- 1 cup half-and-half
- 4 eggs
- 3 egg yolks
- 2 teaspoons vanilla extract
- 2 cups fresh blueberries
- ½ cup unsalted pistachios, skins removed
- 2 tablespoons sugar
- 2 teaspoons cornstarch
- 1 pound blueberries, frozen, not thawed (3 cups)

Preheat oven to 225°F. On a baking sheet, place corn bread cubes; bake until dry, stirring occasionally, about 1 hour; cool. Increase oven tempera-



Anytime of day, Blueberry Corn Bread Pudding is a delightful indulgence.

ture to 375°F. Grease a 10x12-inch pan. In a large bowl, combine sugar, cinnamon, milk, cream, eggs, yolks and vanilla. Gently stir in corn bread until coated. Stir in blueberries and pistachios. Transfer blueberry mixture to prepared pan; cover. Bake 45 minutes. Uncover; bake until golden, about 20 minutes; cool. In a medium saucepan, stir 2 tablespoons sugar and cornstarch together until blended; add frozen berries, toss until coated. Cover and cook over low heat, stirring occasionally until berries thaw and mixture starts to boil, 5 to 7 minutes. Remove lid, cook, stirring constantly, until boiling and thickened, 1 to 2 minutes. Stir in additional sugar, if desired. To serve: Cut pudding into 3-inch squares; arrange on plates. Drizzle Blueberry Sauce over pudding. Serve with additional blueberries and whipped cream, if desired.

Yield: 12 portions; 2 cups sauce

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For recipes and more information on blueberries and your health, go to www.LittleBlueDynamos.com.