

Just A Bite Of Dessert? Make It With Blueberries!

(NAPSA)—No matter what they say, when it comes to dessert, size matters. Keeping portion size under control is easy when you make “Blueberry-Lemon Teasers.” Use convenient products—fresh blueberries, frozen pound cake, and instant pudding—and your little desserts are easy and quick to make.

Get started by rinsing the blueberries then pat dry. Whip up the instant pudding and set it aside. Now make cake crumbs. One way to do it fast is to cut off about one-third of a 10.75-ounce frozen pound cake and, with the coarse side of a grater, grate crumbs into a bowl. Or chop the cake into pieces and pulse in a food processor until you have coarse crumbs. If you want to make crumbs from homemade cake, freeze it first for easier handling.

To assemble the desserts, line up six small glasses and stack about two tablespoons each of the cake, the pudding and the fresh blueberries in the glasses; repeat until all the ingredients are used. A spoonful of whipped cream tops them off.

Serve the “Blueberry-Lemon Teasers” immediately or cover with plastic wrap and refrigerate for up to 24 hours. Dessert is ready when you are and at just 172 calories per serving, you can kick back and enjoy a guilt-free dessert that delivers plenty of flavor with creamy texture and juicy blueberries in every bite.

Summer is blueberry season and a good time to enjoy fresh blueberries every day. Blueberries can be found in supermarkets, superstores, farmers markets and roadside stands. At www.nabcblues.org/upick.htm or www.pickyourown.org you can find a list of U-Pick blueberry farms. For loads of blueberry recipes, nutrition information and more, go to www.blueberrycouncil.org.



Warm-weather palate pleasers.

BLUEBERRY-LEMON TEASERS

- 1 ¼ cups low-fat milk
- 1 package (3.4 ounces) instant lemon pudding mix
- 2 cups fresh blueberries
- 1 ½ cups crumbs (about 4 ounces) from frozen reduced-fat pound cake
- ½ cup sweetened whipped cream

In medium bowl with electric mixer or wire whisk, blend milk and pudding mix for 2 minutes; set aside for 5 minutes to set. Into six 6-ounce glasses, evenly divide half of the cake crumbs, pudding and blueberries; repeat. Cover and refrigerate until ready to serve. Just before serving, top with a swirl of whipped cream.

Variations: Use other instant pudding flavors, such as vanilla, cheesecake, coconut or banana.

Yield: 6 portions

Per portion: 172 calories; 3.7 g protein; 35 g carbohydrates; 2.6 g total fat; 1.3 g saturated fat; 7 mg cholesterol; 303 mg sodium; 1.4 g dietary fiber.