

Cooking Corner Tips To Help You

Simple Blueberry Treats Are a Hit

(NAPSA)—Now's the time to eat our fill of juicy fresh blueberries. Fortunately—for those of us who'd rather hit the lounge chair than slave in the kitchen—some of the most delectable ways to prepare North America's famous native berries are also the easiest.

Versatile enough to serve at a backyard barbecue or casual weekend brunch, Blueberry Torta calls for a pint of fresh blueberries, spread over a "one bowl" batter and drizzled with a simple white icing. Blueberry Crumble is equally easy to toss together, and it's one of those rare low-fat desserts that doesn't sacrifice taste.

Be sure to save these recipes! Once blueberry season is over, they can easily be made with frozen blueberries.

BLUEBERRY TORTA

2 cups fresh or frozen blueberries
½ cup sugar
½ cup butter, softened
1 cup flour
1 teaspoon baking powder
2 eggs
¼ cup confectioners sugar
1 teaspoon milk

Preheat oven to 350°F. Butter a 9-inch springform or cake pan. In a mixing bowl, with an electric beater, beat sugar and butter until well blended. Add flour, baking powder and eggs; beat until combined. Spread batter in the prepared pan. Sprinkle blueberries evenly over batter. Bake until cake pulls away from the sides of the pan and is golden, about 1 hour. If using a springform pan, remove sides and place cake on a platter. Cool on a rack for 10 minutes. In a small bowl, combine confectioners sugar with milk; drizzle over blueberries.

YIELD: 8 servings



Serve this easy Blueberry Torta.

BLUEBERRY CRUMBLE

4 cups fresh or frozen, thawed blueberries
1 to 2 tablespoons sugar
3 tablespoons butter, softened
3 packages (1.5 ounces each) instant oatmeal with maple and brown sugar

Preheat oven to 375°F. In a 9-inch pie plate, toss blueberries with sugar. In a small bowl, combine butter and instant oatmeal until mixture forms coarse crumbs; sprinkle over blueberries. Bake until mixture bubbles around the edge and topping is light brown, 30 to 35 minutes.

YIELD: 6 servings

With every sweet mouthful of fresh blueberries, you're doing something positive for your health. For more recipes and information on blueberries, visit www.blueberry.org or send an SASE to the Blueberry Council, 4995 Golden Foothill Parkway, Suite #2, El Dorado Hills, CA 95762.