

LOVE STARTS IN THE KITCHEN!™

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FRESH BLUEBERRY SAUCE

What a fabulous topping for whole wheat pancakes or waffles on a weekend morning! When you use organic ingredients, you get a huge boost from the health benefits of foods. Use fresh or frozen berries. If using frozen, do not thaw. Just increase cooking time.

2 tablespoons unsalted butter

¼ to ½ cup sugar or natural substitute

¼ teaspoon nutmeg

2 cups blueberries

Juice and zest of one lemon

2 teaspoons cornstarch

Splash of Grand Marnier or other orange liqueur (opt)

In saucepan, cook butter, sugar, nutmeg and blueberries over low heat until mixture starts to boil and blueberries start to pop. Meanwhile, combine lemon juice and cornstarch. Whisk into blueberry mixture. Cook on low until thickened. Add liqueur and blend well.

TIPS FROM RITA'S KITCHEN:

Freeze fresh berries unwashed in single layer, uncovered, on permanent baking mat and then pour into containers. Or line a cookie sheet with foil, spray the foil, then proceed as directed. To wash and thaw at the same time, rinse briefly under cool water to partially thaw and clean before using.

WHY THIS RECIPE IS GOOD FOR YOU:

- Unsalted butter is fresher than salted (salt acts as a preservative).
- Ounce for ounce, blueberries are the most beneficial of all berries. Blueberries are good for your eyes, memory and motor skills.
- Lemon helps form and repairs collagen. The vitamin C helps your body absorb iron and calcium. And lemon is a gentle liver cleanser. The peel contains limonene, and is the second most nutritious part of the lemon. The first? The pith!

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