

- 2 1/2 cups flour
- 1 Tbsp. baking powder
- 1/2 tsp salt
- 1/2 cup solid coconut oil
- 1 Tbsp. coconut milk/cream
- 2 eggs
- 1 cup blueberries
- 1/3 cup sugar
- 1/3 tsp baking soda
- 1/4 – 1/2 tsp cinnamon
- 3/4 cup shredded coconut soaked in 1/3 cup coconut milk/cream
- 1/2 tsp vanilla extract

In a large bowl: combine flour, sugar, baking powder, baking soda, salt, and cinnamon. Using a pastry blender, forks or food processor, cut in the coconut oil until the mixture resembles very coarse sand.

In a small bowl: combine eggs and coconut, then pour into large bowl along with 1/2 cup of blueberries. Mix until just combined.

Knead lightly on floured surface for 1 minute until dough holds together. Form into a disk, cut into wedges, and press remaining blueberries into the tops. Brush with remaining coconut milk/cream, and freeze 10-12 minutes. Bake for 25 minutes at 425°F until golden. Cool and ENJOY!



BLUEBERRY COCONUT SCONES

- 3 cups strained Greek yogurt
- 1/3-1/2 cup honey
- 1 tsp vanilla extract
- Zest and juice 1 from lemon
- 2 cups blueberries
- 1 cup ginger cookie crumbles.

In a large bowl: combine yogurt, honey, vanilla and lemon juice/zest.

In parfait cups: layer yogurt, cookie crumbles, and blueberries in 5 parfait cups.

Chill and ENJOY!



LEMON BLUEBERRY PARFAIT

- 1/2 Breast Grilled Chicken (salt, pepper, garlic, thyme. 160°F), sliced and warm
- 1 cup baby spinach
- 1-2 Tablespoons, each, sliced almonds, diced peaches, and shredded or crumbled cheese
- 1-2 Tablespoons blueberry vinaigrette:

In a saucepan: 2 cups blueberries, 2 cups light balsamic vinegar, 1/8cup + 1 Tbsp. sugar, zest and juice from 1 lemon, 1/2 stick cinnamon. Bring to boil, simmer 20 minutes, remove cinnamon stick, cool.

Pour 3-4 Tbsp. into blender (store the rest); add 1/2 tsp salt, 1/8-1/4 tsp pepper. Blend on medium high and slowly add 1/4 cup olive oil.

In a bowl: add spinach, chicken, and toppings. Drizzle on 1-2 Tbsp. vinaigrette. ENJOY!



GRILLED CHICKEN SALAD WITH BLUEBERRY VINAIGRETTE

- 1 Pork loin
- 1/2 cup blueberries
- 2 cloves garlic, minced
- 1 tsp parsley, minced fresh
- 1-2 Tbsp. olive oil
- 1/2 + 1/2 tsp pepper
- 1/2 cup cooked long grain or wild rice
- 1/2 red onion, chopped small
- 1 Tbsp. basil, minced fresh
- 1/2 cup stock or cooking wine
- 1 + 1/2 tsp salt

In medium skillet sauté onion in olive oil over medium; when onion becomes translucent, add garlic and cook until fragrant. Add 1 tsp salt, 1/2 tsp pepper, and rice, heat through.

In medium bowl: combine mixture from skillet with blueberries, basil, and parsley, stir until mixed.

Trim any silver skin from the pork, then make a cut into the long side of the pork to create a pocket (leave ~1/2 inch on 3 sides). Stuff the pork with blueberry mixture.

In medium skillet: Sear all sides of the pork until golden in color, bake 10 minutes at 400°F (or until 160°F internal temp). Let rest 8-10 minutes. Slice and ENJOY!



BLUEBERRY STUFFED PORK

- 1 package puff pastry
- 1 cup whipped cream
- 1 1/2 cups blueberries
- 1 package vanilla pudding mix
- 1/2 cup milk
- 1/4 cup powdered sugar

In medium bowl whisk milk into vanilla pudding mix. Chill.

Cut puff pastry into 2" x 3" rectangles and bake according to package until golden.

Add whipped cream to pudding. Chill.

Smash the blueberries slightly with a fork – it will resemble chunky salsa.

Cut the puff pastry pieces open so they can make a sandwich. Spread a thin layer of pudding mixture across one side of the sandwich. Add ~1 Tbsp. smashed blueberries then top with the other puff pastry half.

Dust with powdered sugar and ENJOY!



EASY BLUEBERRY NAPOLEONS