



Very Blueberry

Jennifer Trainer Thompson

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Groundbreaking studies show that blueberries contain disease-fighting compounds not found in any other food. The high amounts of antioxidants found in them are believed to have powerful anti-memory-loss and cancer-preventing properties. And, despite their natural sweetness, blueberries are remarkably low in the carbohydrates and sugar calories overabundant in other fruit.

Very Blueberry goes beyond the blueberry muffin (though it does include a sub-lime recipe for it!) and features this essential fruit in innovative new recipes like Goat Cheese Tart with Caramelized Onions and Blueberries; Arugula, Prosciutto, and Blueberry Salad with Honey-Citrus Vinaigrette; Pork Tenderloin with Peach-Blueberry Chutney; and Blueberry Salsa. With this charming, little cookbook, incorporating the recommended half a cup of blueberries into your daily diet will always be a sweet delight.

- Features more than 40 blueberry recipes for breakfasts, soups, salads, entrées, jams, and gifts.
- The blueberry is number one in antioxidant activity of all fruits and vegetables. Antioxidants prevent health problems like Alzheimer's, Parkinson's, cancer, diabetes, circulation problems, and urinary tract infections.

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