



Tasty Dessert Full of Antioxidants (217, US, UK, CAN)

Summertime is blueberry season. This succulent fruit is not only tasty, but the berries happen to be very good for the body as well. Cooking with blueberries is one way to fend off diseases and may help prevent certain cancers.

From topping pancakes with blueberries to enjoying them in fruit salad to making blueberries an integral part of baked goods, the variety of ways to enjoy them is unrivaled.

For a delicious dessert that's also relatively good for you, try this recipe for Blueberry Crisp.

Blueberry Crisp

- 3 cups fresh blueberries, washed and drained
- 1/3 cup granulated sugar
- 1 tablespoon cold butter, cut into pieces
- 1/4 cup melted butter
- 1/3 cup brown sugar
- 2/3 cup sifted all-purpose flour
- Dash salt
- 1/4 teaspoon baking soda
- 2/3 cup quick cooking rolled oats

Heat oven to 325 F. Butter an 11 x 7 baking dish.

Combine the berries with the sugar and stir to coat. Place in the baking dish and dot with the cold butter.

Mix the remaining ingredients and spoon over the berries.

Bake for 45 to 50 minutes until the fruit is tender and the crisp has started to brown.

Slice and serve warm with ice cream on the side for a real treat.

health/medical food/beverage fitness/nutrition