Blackberries

Key Points

- Excellent source of vitamins C and K and a good source of fiber. Contain carotenoids and flavonoids that may be good for health.
- Choose blackberries that are shiny and not bruised or leaking.
- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Refrigerate blackberries for three to six days; wash just before using.

Directions:

1. Heat oven to 400°F.
2. Grease a 12-cup muffin pan or line with baking cups.
3. In a small bowl, whisk together the milk, egg, butter, and vanilla. Set aside.
4. In a large bowl, mix the flours, oats, brown sugar, baking powder, baking soda, pumpkin pie spice, and salt.
5. Make a well in the center of the dry mixture and pour in the egg mixture. Stir until just combined. Gently fold in the blackberries.
6. Divide the batter evenly into the muffin cups.
7. Bake at 400°F until a toothpick inserted into the center of a muffin comes out clean, about 20 minutes.
8. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Per serving:
- 212 calories; 5 g fat (2 g saturated fat); 5 g protein; 39 g carbohydrate; 2 g dietary fiber; 28 mg cholesterol; 255 mg sodium.

Blackberry Breakfast Bars

Number of servings: 20

Ingredients:
- 2 cups fresh or frozen blackberries
- 2 tablespoons granulated sugar
- 2 tablespoons water
- 1 tablespoon lemon juice
- 1 cup all-purpose flour
- 1 cup quick-cooking rolled oats
- ½ cup brown sugar, packed
- ½ teaspoon baking soda
- ½ cup butter, melted

Directions:

1. Heat oven to 350°F.
2. In a medium saucepan, combine berries, sugar, water, juice, and ½ teaspoon cinnamon. Bring to a boil, then reduce heat and simmer uncovered for 8 minutes, stirring frequently. Remove from heat. Set aside.
3. In a medium mixing bowl, stir together flour, oats, brown sugar, ½ teaspoon cinnamon, and baking soda. Stir in melted butter until thoroughly combined.
4. Press remaining oats mixture into an ungreased square baking pan.
5. Bake oats mixture at 350°F for 25 minutes. Remove from oven.
6. Spread berry filling on top of the baked crust.
7. Sprinkle reserved oats mixture on top of filling. Use a fork to press oats mixture into filling.
8. Bake at 350°F for an additional 25 minutes.

Per serving: 33 calories; trace fat (0 g saturated fat); trace protein; 9 g carbohydrate; trace dietary fiber; 0 mg cholesterol; 11 mg sodium.

Blackberry Muffins

Number of servings: 12

Ingredients:
- 1 cup milk
- 1 egg
- 3 tablespoons butter, melted
- 1 teaspoon vanilla extract
- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- 1 cup old-fashioned rolled oats
- 1 cup dark brown sugar, packed
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon pumpkin pie spice
- ½ teaspoon salt
- 1 ½ cups fresh blackberries

Directions:

1. Heat oven to 400°F. Grease a 12-cup muffin pan or line with baking cups.
2. In a small bowl, whisk together the milk, egg, butter, and vanilla. Set aside.
3. In a large bowl, mix the flours, oats, brown sugar, baking powder, baking soda, pumpkin pie spice, and salt.
4. Make a well in the center of the dry mixture and pour in the egg mixture. Stir until just combined. Gently fold in the blackberries.
5. Divide the batter evenly into the muffin cups.
6. Bake at 400°F until a toothpick inserted into the center of a muffin comes out clean, about 20 minutes.
7. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Per serving: 212 calories; 5 g fat (2 g saturated fat); 5 g protein; 39 g carbohydrate; 2 g dietary fiber; 28 mg cholesterol; 255 mg sodium.