

Blueberry Bliss

Ingredients

YIELDS: 5 servings PREP TIME: 40 minutes

Blueberries

- 4 cups blueberries, fresh or frozen
- 1/3 cup (75 mL) sugar
- 1/2 tsp cinnamon
- 1/2 cup (125 mL) orange or grape juice

Batter

- 3/4 cup (175 mL) all-purpose flour
- 1/4 cup (50 mL) sugar
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 1 tbsp. (15 mL) soft non-hydrogenated margarine
- 1/4 cup (60 mL) egg white, pasteurized
- 1/4 cup (60 mL) milk
- 1/2 tsp vanilla extract



EQUIPMENT: Electric skillet with lid / liquid measuring cup / mixing bowl (large) / mixing bowl (small) / set of dry measuring cups / set of measuring spoons / set of bowls/plates and cutlery for sampling / spatula / spoon

Directions

- 1) Pre-heat skillet to medium.
- 2) Add the blueberries, sugar, cinnamon, and orange juice to the skillet and cook for 5 minutes, or until blueberries are soft and juicy.
- 3) Turn off heat.
- 4) In a medium bowl, combine flour, sugar, baking powder, and salt.
- 5) Add margarine and cut margarine into the flour mixture with a fork.
- 6) In a small bowl, combine egg white with milk and vanilla. Stir into flour.
- 7) Drop batter by the spoonful on top of blueberries. Evenly distribute the batter over the top of the blueberries, don't place it too close to the edge of the pan. Be sure not to place the batter all in one area of the pan or it will not cook properly.
- 8) Cover and cook over medium-low heat for 15 minutes, or until biscuit topping is cooked through.

Chef's Tip



Depending upon the type of skillet you are using, the distribution of heat over the surface of the skillet may vary. Start with the skillet on medium heat and monitor closely, adjust temperature as needed.

Let's Get Cookin'!

