

Berry Yogurt Parfaits

Ingredients

4 cups vanilla yogurt
4 cups berries (blueberries, raspberries, strawberries, etc) and other fruit (bananas, peaches)
4 tablespoons granola

Instructions

In a tall glass, layer 1 cup vanilla yogurt with 1 cup fresh or frozen berries (if frozen, thaw first). Sprinkle 1 tablespoon granola on top. You can also make several layers of yogurt, berries and granola, smoothing the surface after each addition.



Makes 4 servings.

Strawberry Mousse

Ingredients

1 $\frac{1}{3}$ cups heavy whipping cream
1 cup pureed strawberries
 $\frac{2}{3}$ cup sugar
2 teaspoons lemon juice

Instructions

- 1) Mix pureed strawberries, lemon juice, and sugar.
- 2) Whip heavy cream with an electric mixer until stiff peaks form.
- 3) Fold the strawberry mixture gently into the whipped cream until blended.
- 4) Pour the mousse into small glasses and refrigerate for 4 hours. Decorate with berries before eating!

Makes 4 servings.



Berry Popsicles

Ingredients

2 cups plain yogurt

2 cups berries

2 tablespoons honey* or maple syrup

*Honey is suitable only for kids over one year of age.

Instructions

Blend plain yogurt, berries, and a little honey or maple syrup. You can blend them until smooth or just lightly to create a swirl. Pour yogurt blend into popsicle containers or small dixie cups with popsicle sticks. Freeze overnight.

Makes 6 popsicles.



Recipe adapted from www.allrecipes.com/recipe/242133/blueberry-yogurt-pops/

Blueberry Muffins

Ingredients

1 $\frac{3}{4}$ cups flour

1 egg

2 tablespoons sugar

2 $\frac{1}{2}$ teaspoons baking powder

$\frac{1}{2}$ cup milk

$\frac{1}{3}$ cup oil

Pinch of salt

1 cup blueberries

Instructions

1) Preheat oven to 400° F.

2) Mix flour, egg, sugar, baking powder, milk, oil, and salt together. Gently fold in the blueberries.

3) Bake in muffin tins for 25 minutes.

Makes 12 muffins.



Recipe from preschool-is-fun.blogspot.com/2010/11/blueberry-muffins.html

Mini Blueberry Hand Pies

Ingredients

1 ½ cups blueberries	3 tablespoons sugar
1 tablespoon cornstarch	1 teaspoon lemon zest
1 teaspoon lemon juice	3 tablespoons cream cheese
1 teaspoon maple syrup	1 prepared double pie crust
1 egg beaten with 1 tablespoon water	

Instructions

- 1) Preheat the oven to 400°F. Line a baking sheet with parchment paper.
- 2) Mix blueberries, sugar, cornstarch, lemon zest and juice. Separately mix cream cheese and maple syrup until smooth.
- 3) Roll out pie crust. Cut out as many 5-6 inch circles as you can.
- 4) Place 1 tsp. cream cheese mixture and a tablespoon of blueberry filling in the center of each circle, with at least ½-inch clean border. Brush borders with egg. Fold over to enclose the filling. Crimp and seal the edges with a fork. Brush the tops with egg wash and slice a vent at the top.
- 5) Bake about 20 minutes until golden and filling is bubbling from the vent. Let cool before serving.



Makes about 8 mini pies.

Recipe adapted from www.parentmap.com/article/healthy-kids-cook-how-to-make-blueberry-hand-pies

Cranberry Sauce

Ingredients

4 cups cranberries
4 tablespoons water
½ to 2 cups dried fruit or chopped peaches
½ to 4 cups sugar, to taste

Instructions

- 1) Put berries in a 2-qt. pan with a lid. Add water (earlier, firmer berries may need more water) and dried fruit.
- 2) Bring just to a boil and stir.
- 3) Add sugar to taste and stir.
- 4) Remove from heat and pour into canning or pickle jars with good lids.
- 5) Wipe the top of the jars dry and screw the lid on tight to seal.



Recipe from dhss.alaska.gov/dpa/Documents/dpa/programs/Nutrition/Family-Nutrition/Sheet-Cranberries.pdf

Akutaq

Each family makes akutaq a little differently...there aren't any real instructions on how to make this recipe because we make it the way we were taught and we pass it down to our kids that way.

--Frankie Jordan, Kalskag

Ingredients

3 to 4 pounds white fish, pike, or salmon
Crisco or lard Vegetable oil
Sugar 1/2 to 1 gallon berries

Instructions

Chop the fish into large pieces. Place in pot and cover with water. Simmer for 20 minutes, then cool in pot.

Place cooked fish in bowl. Take out bones and skin, if needed, then crumble fish into small pieces.

Add two large scoops of Crisco, and stir for three to five minutes. Pour in about a cup of vegetable oil, and whip it up with your hand until it gets fluffy.

Pour about a cup of sugar into the mixture, and stir until sugar dissolves.

Add berries and mix.

Keep refrigerated.




Recipe adapted from
www.ankn.uaf.edu/npe/culturalatlases/virtualmuseum/writings/native%20food/098d22f2-9971-4588-9a87-680b4fe88955.html

Write Your Own Berry Recipe!

Recipe Name: _____

Ingredients

Instructions



Draw a picture of your recipe!