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Top 50 Most Delicious Blueberry Recipes (Superfood Recipes Book 2)

TOP 50 MOST DELICIOUS



Synopsis

This top 50 of delicious blueberry recipes is based on an unpublished online poll. Try them all and taste their deliciousness. These blueberry recipes are so good, you will surely be overwhelmed by their amazing taste! Enjoy the many health benefits of this SUPERFOOD! Blueberries are the super heroes amongst fruit! They have the potential to combat cancer, memory loss, arthritis and other age related conditions. Packed with antioxidants and nutrients, they are also good for your skin and help in weight loss. Not only are they good for you and super delicious but they are low in calories too, just 40 calories per cup! Easy to follow steps so anyone can make and enjoy them! Each of the recipes have easy to follow steps allowing anyone to make them in no time at all. Tried, Tested and SO GOOD! These recipes have all been tried out by us and we LOVE each and every one of them. So get to it and satisfy your blueberry cravings!

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Customer Reviews

I've always loved blueberries since childhood, after picking fresh blueberries with my dad from his home-grown garden. I was fascinated at all the blueberry bushes, and we loved the taste. Since then, I've collected recipes for blueberries, and this book is perfect for delicious, home-made

blueberry recipes. A good feature is that many of the Ingredients are common, and this cookbook was purchased at a bargain price. The recipes are easy-to-prepare, and number of servings & directions are included. Most of the recipes are healthy, and there are 50 to choose from. This inspiring cookbook includes: Breakfast; Lunch; Dinner; Treats; Sides; Salads; Spreads; Dips; Smoothies; And desserts. Some of the recipes included are: Baked French Toast With Honey Poached Blueberries; Blueberry Peach Chia Parfait; Teriyaki Pork Chops With Blueberry-Ginger Relish; Blueberry Fruit Dip; Blueberry Lime Salsa; Blueberry Vanilla Chia Jam; Blueberry Salad With Coconut Cilantro Dressing, which we made and loved. Other recipes included are: Vegan Blueberry Banana Bread, which is our next selection. Mushroom And Blueberry Balsamic Pot Roast; Blueberry And Rhubarb Crepes, which I can't wait to make. Peach And Blueberry Cobbler; Grilled Chicken With Blueberry Guacamole; Whole-Wheat Blueberry Lemon Pancakes; Blueberry Zucchini Muffin; Superfood Blueberry Banana Smoothie; And several more delicious recipes. My daughter selected the Orange Glazed Blueberry Doughnuts to make over the weekend, which sound divine. We will leave updates as we make new recipes. My daughter gifted this cookbook to me for Mother's Day, and we will enjoy. I will be sharing these tasty recipes with family, and friends. Highly recommended.

This is a very beautiful collection and it has a lot of recipes. I'm kind of an oldster and blueberrys have lots of anti oxidents. They are good for a helthy heart. Oh, and they taste good. They're good for anyone. I would recomend them to anyone on special diets. They're good to snack on.

I really like blueberries and they are very good for you. In some of the recipes, you need to cut back a little on the "sweetener" in the recipe and just let the naturally sweet little blue orbs do their thing. Otherwise, these are some terrific concoctions and are pretty easy to throw together. Most of them are even "Company" desserts.

Great for treating someone who loves blueberry's! I've tried a couple of the recipes and they're coming out nicely.

Directions good. Only tried a couple of recipes so far but the flavors and results were excellent.

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