



Blueberry Recipes

Created by Grace Hamilton Natural Health



Blueberry Recipes

34 items

Fruits

- 1 Banana
- 11 1/2 cups Blueberries
- 3 Lemon
- 3 tbsps Lemon Juice
- 1/2 Lime

Breakfast

- 1 1/8 cups Maple Syrup

Seeds, Nuts & Spices

- 1/4 tsp Black Pepper
- 1/2 cup Chia Seeds
- 1 tsp Cinnamon
- 1 tbsp Ground Flax Seed
- 1 cup Pecans
- 1/2 cup Pumpkin Seeds
- 1 1/4 tsps Sea Salt
- 1 1/4 cups Slivered Almonds

Frozen

- 3 1/2 cups Frozen Blueberries
- 1/2 cup Frozen Cherries
- 2 cups Organic Coconut Ice Cream

Vegetables

- 1 cup Baby Spinach
- 2 Beet
- 4 stalks Celery
- 1 Cucumber
- 10 cups Kale Leaves

Boxed & Canned

- 1/2 cup Organic Coconut Milk

Baking

- 1 1/2 cups Almond Flour
- 1 tbsp Arrowroot Powder
- 4 1/2 cups Oats

Condiments & Oils

- 1/4 cup Coconut Oil
- 1 tsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil

Cold

- 3 1/4 cups Unsweetened Almond Milk

Other

- 4 Ice Cubes
- 3 cups Sparkling Water
- 1/4 cup Vanilla Protein Powder
- 4 cups Water



Blueberry Overnight Oats

8 ingredients · 8 hours · 4 servings



Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
2. Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Ingredients

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds

Nutrition

Amount per serving

Calories	414	Cholesterol	0mg
Fat	23g	Sodium	64mg
Saturated	2g	Potassium	219mg
Monounsaturated	1g	Vitamin A	209IU
Carbs	43g	Vitamin C	4mg
Fiber	10g	Calcium	330mg
Sugar	12g	Iron	4mg
Protein	14g		



Blueberry Kale Salad

11 ingredients · 20 minutes · 6 servings



Directions

1. In a large bowl, combine the kale, cucumber, celery, blueberries, spiralized beets, and pumpkin seeds.
2. In a mason jar, combine the olive oil, lemon juice, Dijon mustard, salt and pepper. Shake well.
3. Before serving, pour dressing over the salad and toss well. Enjoy!

Notes

Storage

Keeps well in the fridge for 4 days.

More Protein

Add a salmon fillet, grilled chicken breast, or lentils.

More Carbs

Add cooked quinoa.

Ingredients

- 10 cups** Kale Leaves (chopped)
- 1** Cucumber (chopped)
- 4 stalks** Celery (chopped)
- 2 cups** Blueberries
- 2** Beet (peeled and spiralized)
- 1/2 cup** Pumpkin Seeds
- 1/2 cup** Extra Virgin Olive Oil
- 3** Lemon (medium, juiced)
- 1 tsp** Dijon Mustard
- 1 tsp** Sea Salt
- 1/4 tsp** Black Pepper

Nutrition

Amount per serving

Calories	279	Cholesterol	0mg
Fat	23g	Sodium	468mg
Saturated	3g	Potassium	418mg
Monounsaturated	15g	Vitamin A	1894IU
Carbs	17g	Vitamin C	50mg
Fiber	5g	Calcium	124mg
Sugar	9g	Iron	3mg
Protein	5g		



Blueberry Chia Parfait

5 ingredients · 30 minutes · 2 servings



Directions

1. In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
2. Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
3. Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Notes

No Slivered Almonds

Use shredded coconut or hemp seeds instead.

Chia Will Not Gel

If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!

Ingredients

- 1 **3/4 cups** Unsweetened Almond Milk
- 1/3 **cup** Chia Seeds
- 1 **tbsp** Maple Syrup
- 1 **cup** Frozen Blueberries (thawed)
- 1/4 **cup** Slivered Almonds

Nutrition

Amount per serving

Calories	376	Cholesterol	0mg
Fat	24g	Sodium	143mg
Saturated	1g	Potassium	356mg
Monounsaturated	1g	Vitamin A	472IU
Carbs	36g	Vitamin C	2mg
Fiber	14g	Calcium	657mg
Sugar	14g	Iron	4mg
Protein	11g		



Blueberry Crumble

6 ingredients · 45 minutes · 6 servings



Directions

1. Preheat oven to 350°F (177°C) and grease a pie pan with a bit of the coconut oil.
2. Spread blueberries in the pie pan. Combine remaining ingredients in a bowl. Mix with your hands or a spatula and crumble over the blueberries.
3. Bake for 40 to 45 minutes until golden brown and blueberries are bubbling. Let cool before serving.

Notes

Oven Too Hot

If your topping browns too quickly, cover with aluminum foil to prevent burning.

Serve it With

Coconut ice cream, whipped coconut cream or greek yogurt.

Ingredients

- 1/4 cup Coconut Oil
- 4 cups Blueberries (fresh or frozen)
- 1 1/2 cups Almond Flour
- 1 cup Pecans (chopped)
- 1/4 tsp Sea Salt
- 1/4 cup Maple Syrup

Nutrition

Amount per serving

Calories	456	Cholesterol	0mg
Fat	36g	Sodium	101mg
Saturated	10g	Potassium	172mg
Monounsaturated	7g	Vitamin A	63IU
Carbs	32g	Vitamin C	10mg
Fiber	7g	Calcium	91mg
Sugar	20g	Iron	2mg
Protein	8g		



Cherry Blueberry Coconut Popsicles

3 ingredients · 4 hours · 6 servings



Directions

1. If you do not have popsicle moulds, purchase 3oz cups and popsicle sticks from the dollar store. Insert each popsicle stick into the middle of a cherry to anchor it in each cup.
2. Add chopped cherries and blueberries to fill about 3/4 of the cup, around the stick. Fill remainder of cup with coconut milk.
3. Place in freezer for 4 hours or until completely frozen.
4. Once frozen, run under warm water for a few seconds to make it easier to remove from the cup or mould. Enjoy!

Notes

More Creamy

Blend all ingredients together in a food processor or blender and divide into cups.

No Coconut Milk

Use almond milk or any other dairy milk alternative.

Ingredients

1/2 cup Frozen Cherries (roughly chopped)

1/2 cup Blueberries

1/2 cup Organic Coconut Milk

Nutrition

Amount per serving

Calories	48	Cholesterol	0mg
Fat	4g	Sodium	5mg
Saturated	3g	Potassium	56mg
Monounsaturated	0g	Vitamin A	119IU
Carbs	4g	Vitamin C	1mg
Fiber	1g	Calcium	3mg
Sugar	3g	Iron	0mg
Protein	0g		



Blueberry Breakfast Bars

6 ingredients · 40 minutes · 9 servings



Directions

1. Preheat the oven to 350°F (175°F). Line a baking pan with parchment paper.
2. In a bowl, smash the blueberries using the back of a fork. Combine with the maple syrup and arrowroot powder. Set aside.
3. Add half the oats to a food processor or blender to create oat flour. Transfer to a mixing bowl and combine with the remaining rolled oats, banana and water.
4. Firmly press half of the oat mixture into a thin even layer in the baking pan. Spread the blueberry mixture on top and then crumble the remaining oat mixture over top of the blueberry layer. Bake for 20 to 25 minutes, or until golden brown. Slice and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to one month.

Serving Size

One serving equals one square.

Baking Dish

An 8 x 8-inch baking dish was used to create the standard nine servings.

More Flavor

Add vanilla extract, substitute half the blueberries with another fruit such as peaches or strawberries.

Additional Toppings

Maple syrup, honey, yogurt or nut butter.

No Banana

Use applesauce or pear puree instead.

Ingredients

- 2 cups Blueberries (fresh or frozen, thawed)
- 1/4 cup Maple Syrup
- 1 tbsps Arrowroot Powder
- 3 cups Oats (rolled, divided)
- 1 Banana (very ripe, mashed)
- 3 tbsps Water

Nutrition

Amount per serving

Calories	159	Cholesterol	0mg
Fat	2g	Sodium	3mg
Saturated	0g	Potassium	189mg
Monounsaturated	1g	Vitamin A	26IU
Carbs	33g	Vitamin C	4mg
Fiber	4g	Calcium	26mg
Sugar	11g	Iron	1mg
Protein	4g		



Blueberry Agua Fresca

5 ingredients · 5 minutes · 2 servings



Directions

1. Combine all ingredients except ice in a blender. Blend well until smooth.
2. Divide ice into glasses, pour in the Blueberry Agua Fresca and enjoy!

Notes

Make it Smooth

Strain after blending.

Make it Fancy

Serve it over frozen blueberries instead of ice.

Make it Fizzy

Use sparkling water instead of flat water.

No Maple Syrup

Use honey instead.

Ingredients

- 1 cup Blueberries
- 1/2 Lime (juiced)
- 1 tbsp Maple Syrup
- 2 cups Water
- 4 Ice Cubes (optional)

Nutrition

Amount per serving

Calories	71	Cholesterol	0mg
Fat	0g	Sodium	7mg
Saturated	0g	Potassium	91mg
Monounsaturated	0g	Vitamin A	45IU
Carbs	18g	Vitamin C	10mg
Fiber	2g	Calcium	40mg
Sugar	14g	Iron	0mg
Protein	1g		



Blueberry Ice Cream Floats

5 ingredients · 15 minutes · 2 servings



Directions

1. In a small pot, simmer the blueberries, water and syrup for about 5 minutes. Remove from heat.
2. Once cooled, divide the blueberry syrup and ice cream into bowls or glasses. Top with sparkling water, and garnish with extra blueberries (optional). Enjoy immediately!

Notes

No Blueberries

Use kombucha instead.

Prep Ahead

Prepare the blueberry syrup ahead of time and refrigerate in an airtight container for up to 3 days.

Ingredients

- 1 cup Blueberries (fresh or frozen)
- 1/4 cup Water
- 1/4 cup Maple Syrup
- 2 cups Organic Coconut Ice Cream
- 3 cups Sparkling Water

Nutrition

Amount per serving

Calories	683	Cholesterol	0mg
Fat	33g	Sodium	44mg
Saturated	30g	Potassium	514mg
Monounsaturated	0g	Vitamin A	40IU
Carbs	66g	Vitamin C	7mg
Fiber	3g	Calcium	48mg
Sugar	55g	Iron	1mg
Protein	4g		



Lemon Blueberry Chia Jam

4 ingredients · 25 minutes · 12 servings



Directions

1. Add the blueberries, lemon juice and maple syrup to a small saucepan over medium-low heat. When the blueberries begin to release their juices, let the mixture simmer for about 15 minutes. The blueberries will start to break down.
2. Stir in the chia seeds and continue to simmer for about 5 minutes more until the blueberry mixture starts to thicken.
3. Remove from the heat and let it cool. The jam will continue to thicken as it cools. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days or freeze for up to two months.

More Flavor

Add vanilla extract.

No Blueberries

Use strawberries or raspberries instead.

No Maple Syrup

Use honey instead. Or substitute stevia or monk fruit sweetener to taste.

How to Use

Spread on toast, muffins, rice cakes or crackers. Use on top of oats, or in any recipe that calls for jam.

Ingredients

1 1/2 cups Frozen Blueberries

3 tbsps Lemon Juice

2 tbsps Maple Syrup

1 tbsp Chia Seeds

Nutrition

Amount per serving

Calories	24	Cholesterol	0mg
Fat	0g	Sodium	1mg
Saturated	0g	Potassium	29mg
Monounsaturated	0g	Vitamin A	9IU
Carbs	5g	Vitamin C	2mg
Fiber	1g	Calcium	11mg
Sugar	4g	Iron	0mg
Protein	0g		



Blueberry Protein Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Blueberries

Use any type of frozen berry instead.

No Protein Powder

Use hemp seeds instead

Ingredients

1/4 cup Vanilla Protein Powder

1 tbsp Ground Flax Seed

1 cup Frozen Blueberries

1 cup Baby Spinach

1 cup Water (cold)

Nutrition

Amount per serving

Calories	206	Cholesterol	4mg
Fat	4g	Sodium	68mg
Saturated	0g	Potassium	372mg
Monounsaturated	1g	Vitamin A	2884IU
Carbs	23g	Vitamin C	12mg
Fiber	7g	Calcium	190mg
Sugar	13g	Iron	2mg
Protein	22g		

