



## Mixed Berries IQF #45635



### Mixed Fruit Parfait

•Layer 1/4 cup mixed into the bottom each of small cup. Layer with a spoonful of vanilla yogurt. Alternate layers of fruit and granola with yogurt until glasses are filled to the top. Serve parfaits immediately to keep granola crunchy.





## Quick and Easy Wild Blueberry & Corn Salsa

Yield: 12 Servings

- 1 cup wild blueberries #45655 (thawed & drained)
- 1 cups of corn kernels
- 1 medium red bell pepper, chopped
- 1/4 cup diced onion
- ¼ cup packed fresh cilantro leaves, chopped
- 1 jalapeño, seeded and minced
- 2 strips bacon, cooked and chopped
- ¼ cup feta cheese, crumbled
- Juice from 1 lime (about ¼ cup lime juice)

### INSTRUCTIONS

Combine all ingredients in a small bowl and stir gently to combine. Serve cold, room temperature, or warm.





## Quick and Easy Mango Salsa

Yield: 10 Servings

- 4 cups of mango chunks #45690, diced (see photo)
- 1 medium red bell pepper, chopped
- ½ cup chopped red onion
- ¼ cup packed fresh cilantro leaves, chopped
- 1 jalapeño, seeded and minced
- 1 large lime, juiced (about ¼ cup lime juice)
- ⅛ to ¼ teaspoon salt, to taste



**INSTRUCTIONS:** In a serving bowl, combine the prepared mango, bell pepper, onion, cilantro and jalapeño. Drizzle with the juice of one lime and mix well. Season to taste with salt. For best flavor, let the salsa rest for 10 minutes or longer





## Easy Blueberry Cobbler

1 stick of un-salted butter

1 c. all-purpose flour

1 1/2 t. baking powder

1/2 t. salt

3/4 c. white sugar

1/4 c. light brown sugar

1 c. whole milk

4 c. Wyman's frozen Wild Blueberries #45655, thawed

**Instructions** Preheat the oven to 350 degrees.

Place the stick of butter in the bottom of a 9x9 square baking dish and put it in the oven for the butter to melt.

Meanwhile, whisk together the flour, baking powder, salt and sugars. Add the whole milk and stir until a smooth batter forms.

Remove the pan from the oven with the melted butter.

Pour the batter evenly into the pan. Then top the batter evenly with the blueberries.

Bake for 40-45 minutes. Allow to cool in pan and serve topped with vanilla ice cream.



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## Blueberry BBQ Sauce

2 cups Wyman's Wild Blueberries #45655

4 cups of BBQ Sauce

**Place items in blender and puree.**

**Blend 1-2 minutes**



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## Cranberry BBQ Sauce

2 cups Wyman's Cranberries #45667

4 cups of BBQ Sauce

**Place items in blender and puree.**

**Blend 1-2 minutes**





## 5-Minute Cranberry-Orange Relish

Yield: 8 cups

4 cups of frozen cranberries, rinsed and drained

3 cups orange marmalade

1 cups packed light brown sugar

2 tablespoons orange zest

1½ teaspoons ground allspice

In food processor, pulse all ingredients until cranberries are finely chopped. Cover and refrigerate at least 3 hours or up to 3 days.





## Raspberry Ginger Glazed Salmon

Yield: 8 servings

- 8 cups frozen (thawed) raspberries #45730
- 2 cups Ginger ale
- 2 cups water
- 4 Lemon (juiced)
- 8 teaspoons Lemon zest
- 1 cup Fresh ginger (sliced)
- 1 cup White sugar
- 8 Salmon filets
- 8 teaspoons Olive oil
- 4 pinches Sea salt and black pepper (to taste)



Sauce: Mix ginger ale and water in a saucepan and bring to a boil. Reduce to simmer; stir in lemon juice, 4 T lemon zest, raspberries and ginger. Bring to a boil and cook for 30 minutes, stirring occasionally. Strain into a clean saucepan, discard solids. Stir in sugar, bring to a boil, then simmer about 10 minutes.

Preheat oven to 400 F: Coat filets with olive oil. Sprinkle with sea salt, black pepper and 4 T lemon zest. Place into a baking dish and brush generously with raspberry sauce. Bake about 10 minutes, then broil the filets until browned, 2 to 3 minutes. Serve with extra sauce if desired.







## Acadia Trail Smoothie

Yield: 8 servings

- 4 cups frozen raspberries #45730
- 4 cups Apple juice
- 24oz Vanilla yogurt
- 6 teaspoons honey



Pour ingredients into blender. If desired, add oats or other ingredients.  
Cover and blend until smooth.

