

The United States Dept. of Agriculture proclaimed July as National Blueberry Month on May 8, 1999. Blueberries are grown in 35 states in the United States and produce over 90% of all blueberries grown in the world.

Research has found that blueberries help prevent infections in the urinary tract much the same as cranberries do. Foods that are rich in antioxidant are suppose to help reduce your chance of getting cancer and heart disease, and blueberries are loaded with them. Just 3 ½ ounces of blueberries are equivalent to over 1700 International Units of vitamin E according to the North American Blueberry Council.

BLUEBERRIES N' CHEESE SQUARES

Ingredients:

2 cups graham cracker crumbs
½ cup butter, melted

1 (8 ounce) package cream cheese
¼ cup milk

In a small bowl stir together the graham cracker crumbs and butter. Set aside ½ cup for topping, and press the rest of the crumbs into the bottom of a 7x11 inch baking pan. Set aside to chill in the refrigerator.

Ingredients:

2 Tablespoons confectioners' sugar
1 (21 ounce) can blueberry pie filling
1 cup heavy whipping cream

3 Tablespoon white sugar
1 teaspoon vanilla extract

In a small bowl, beat the cream cheese, sugar and milk until smooth. Spread evenly over the chilled crumb layer. Spread the pie filling over the cream cheese layer, and chill while preparing the whipped cream. In a chilled bowl, whip the heavy cream, sugar and vanilla until stiff, spread over the top of the blueberry layer. Sprinkle the top with the remaining graham cracker crumb mixture and keep chilled until serving time.

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