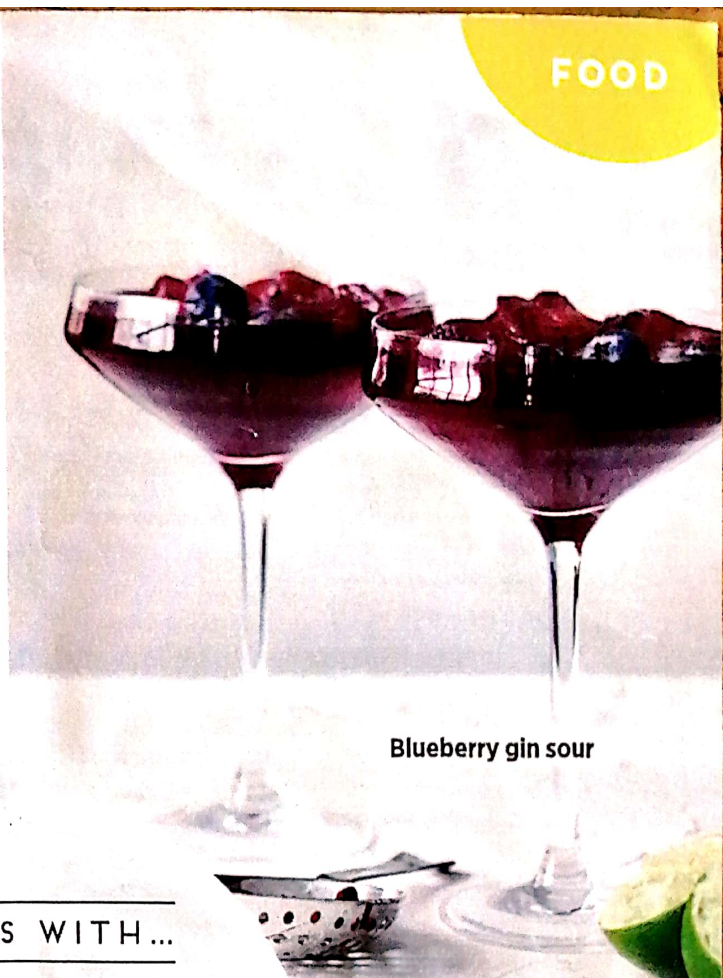French toast with bursting blueberry sauce

Blueberry gin sour

4 WAYS WITH...

Blueberries

This juicy, vibrant fruit adds sweet-and-sour flavour and a pop of colour to desserts, drinks and savoury dishes

Blueberry oat muffins

Goat's cheese & spinach salad with blueberry vinaigrette

Blueberry gin sour

Homemade blueberry syrup brings an extra fruity twist to this classic cocktail
MAKES 4 COCKTAILS **READY IN** 20 MINS
PRICE PER SERVING £1.60

FOR THE SYRUP
- 200g blueberries
- 50g caster sugar
- Juice 1 lemon

FOR THE COCKTAILS
- 200ml blueberry syrup (as above)
- 200ml gin
- Juice 2 limes
- 3 or 4 dashes Angostura bitters
- Fresh blueberries, to decorate

1 Put all the ingredients for the syrup in a small pan. Slowly bring to a simmer, cover and cook over a medium heat for 10-15 mins, until thick and syrupy. Allow to cool. **2** Sieve into a jug then press the berry juices out with the back of a spoon. Stir well. The syrup will keep in a sterilised jar in the fridge for up to 1 week. **3** To mix the cocktails, put a couple of handfuls of ice in a pitcher or large jug, then add the blueberry syrup, gin, lime juice and bitters. Stir together for 1 min. **4** Add fresh ice to 4 coupe or Martini glasses, then pour the cocktail over. Decorate with fresh blueberries and serve immediately.

French toast with bursting blueberry sauce v

A wonderful tangy topping for eggy toast
SERVES 4 **READY IN** 15 MINS
PRICE PER SERVING 86p

- 200g blueberries
- 3tbsp maple syrup
- ½tsp cornflour, mixed with 1tsp cold water
- 3 eggs, beaten
- 2tbsp semi-skimmed milk
- ½tsp vanilla extract
- 20g unsalted butter
- 4 thick slices sour dough or crusty bread, about 180g
- 25g toasted almonds, chopped
- Mint leaves, to serve

1 Bring the blueberries to a simmer with the syrup and 2tbsp water and stir in the cornflour mixture. Cook for 3-4 mins. **2** Whisk the eggs, milk and vanilla together in a bowl. **3** Heat half the butter in a nonstick frying pan. Dip 2 pieces of the bread into the egg mixture and cook for 2-3 mins each side, until golden. Repeat with the remaining butter and bread. **4** Top the toast with the blueberry sauce, almonds and mint to serve.

Each 176g serving contains				
Energy 1,303kJ 312kcal	Fat 13.0g	Saturates 4.0g	Sugars 14.8g	Salt 0.63g
16%	Med 19%	Med 20%	Med 16%	Med 11%

of your reference intake
Typical energy values per 100g: 741kJ/177kcal

Goat's cheese & spinach salad with blueberry vinaigrette

Tart berries contrast wonderfully with the creamy grilled cheese in this tasty salad
SERVES 6 **READY IN** 15 MINS
PRICE PER SERVING £1.04

- 200g blueberries
- 2tbsp balsamic vinegar
- 1tbsp extra virgin olive oil
- 100g Asda Goat's Cheese (with a rind)
- 180g Asda Mild Baby Spinach, washed
- 12 cherry tomatoes, halved
- 50g pecans, chopped
- ½ red onion, sliced
- Fresh thyme, to serve

1 Preheat the grill to high. Line the grill pan with foil. **2** For the vinaigrette, use a handheld blender to blitz half the blueberries with the vinegar, oil and some black pepper until smooth. **3** Grill the goat's cheese for 2-3 mins, until golden. Set aside to cool. **4** In a large bowl, toss the spinach, tomatoes, pecans, red onion and remaining blueberries. Drizzle over the vinaigrette. **5** Break up the cheese and scatter over the salad with the thyme to serve.

Each 128g serving contains				
Energy 680kJ 163kcal	Fat 12.3g	Saturates 3.7g	Sugars 5.9g	Salt 0.28g
8%	Med 18%	Med 19%	Low 7%	Low 5%

of your reference intake
Typical energy values per 100g: 551kJ/127kcal

Blueberry oat muffins v

Porridge oats give these soft, fluffy muffins a crunchy texture and crispy topping
MAKES 12 **READY IN** 35 MINS
PRICE PER SERVING 20p

CAN DO But add Baking Powder [handwritten note]

- 225g self-raising flour
- 120ml sunflower oil
- 2 eggs, beaten
- 150g light brown sugar
- 200g Asda Full Fat Greek Style Yogurt
- 75g Asda Scottish Porridge Oats
- 125g blueberries

1 Preheat the oven to 220C/200C Fan/Gas 7 and fill a muffin tray with 12 paper cases. **2** Gently mix together the flour, oil, eggs and 125g of the brown sugar until just combined. **3** Fold in the yogurt, 60g of the porridge oats and the blueberries and mix well. **4** Divide between the muffin cases and sprinkle with the remaining brown sugar and oats. **5** Bake on the middle shelf of the oven for 15-18 mins until golden, risen and a skewer comes out cleanly when inserted in the middle of the cakes. Serve warm or cool on a wire rack.

Each 82g serving contains				
Energy 1,036kJ 248kcal	Fat 10.7g	Saturates 2.4g	Sugars 13.8g	Salt 0.24g
12%	Med 15%	Med 12%	Med 15%	Low 4%

of your reference intake
Typical energy values per 100g: 1,264kJ/302kcal

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