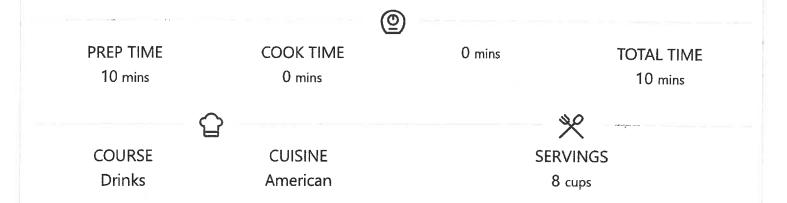
Blueberry Water Recipe

Blueberry water is a refreshing and flavorful way to stay hydrated, and adding blueberries brings a delightful burst of fruity taste.

This simple recipe will guide you through creating your own delicious fruit water!



EQUIPMENT

1 Water pitcher

INGREDIENTS

- 1 cup fresh blueberries
- 1 medium lemon
- 8-10 cups water
- 1-2 leaves fresh mint leaves garnish (optional)

INSTRUCTIONS

- 1. Wash the blueberries thoroughly under cold water.
- 2. Gently crush or muddle a handful of blueberries to release their juices. This will help infuse the water more effectively.
- 3. Wash the lemon and slice it into thin rounds. If desired, you can remove the seeds from the slices.
- 4. Pour 8-10 cups of water into a large pitcher.
- 5. Add the crushed blueberries and lemon slices to the water.
- 6. Allow the mixture to infuse in the refrigerator for at least 1-2 hours. For stronger flavor, you can refrigerate overnight.
- 7. Once the water is infused to your desired taste, remove the pitcher from the refrigerator.
- 8. Fill glasses with ice cubes and pour the blueberry-infused water over the ice.

BLUEBERRY WATERMELON SALAD

Blueberry Watermelon Salad with feta and mint is the perfect summer salad. With only 6 ingredients, it's refreshing, flavorful and easy to throw together in just 10 minutes! It's a must for summertime!

Author: Ashley Total Time: 10

minutes

Category: Side Dish Cuisine: American Prep Time: 10

minutes

Yield: 8 servings 1x

Method: Fridge Diet: Gluten Free



INGREDIENTS

- 6 cups 1" cubed watermelon
- 1 pint fresh blueberries
- 3 TBS freshly chopped mint
- 2 TBS extra virgin olive oil
- juice of 1 lime
- 4oz feta, chopped or crumbled

INSTRUCTIONS

- 1. Combine fruit: In large bowl gently combine cubed watermelon(see notes on best way to cut a watermelon) with blueberries and freshly chopped mint.
- 2. Make dressing: In small bowl mix together oil and lime juice. Drizzle over watermelon and blueberries.
- 3. Add cheese: Add feta and gently toss to combine. Cover and transfer to the fridge prior to serving.

NUTRITION

Serving Size: 1/8th Calories: 104 Sugar: 11 Sodium: 85 Fat: 5

Saturated Fat: 1 Unsaturated Fat: 4 Trans Fat: 0

Blueberry Chia Muffins

INGREDIENTS

- 1 ¾ cup spelt flour (whole wheat, gluten-free or whatever you have on hand will work just fine)
- 1 tablespoon baking powder
- ½ teaspoon sea salt
- ¾ teaspoon cinnamon
- ½ teaspoon cardamom
- 3 tablespoons chia seeds (1 teaspoon set aside for topping)
- 6 tablespoons coconut oil
- 3/4 cup almond milk (oat milk, coconut milk, etc.)
- 7 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1 cup frozen blueberries

DIRECTIONS

- 1. Whisk dry ingredients.
- 2. Melt coconut oil on stovetop, mix in other wet ingredients over gentle heat until smooth.
- 3. Mix wet ingredients into dry ingredients.
- 4. Carefully stir in blueberries.
- 5. Scoop into muffin tin.
- 6. Sprinkle remaining chia seeds on top of muffins.
- 7. Bake in oven at 350 degrees F for 25-30 minutes.

Mini Blueberry Cheesecakes



INGREDIENTS

2 cups raw cashews, soaked in water overnight
1½ cups fresh blueberries (or frozen blueberries, thawed), plus more for optional topping
½ cup maple syrup
1/3 cup melted coconut oil
Juice of 1 lemon (or 2 tablespoons lemon juice)
½ teaspoon salt

Simple Salad With Blueberries, Blue Cheese And Walnuts Recipe

15 mins Total

10 mins Prep 5 mins Cook



Ingredients

Serves2

4 cup Mixed Greens

- 1 cu p Blueberries
- 1/2 cup Crumbled Blue Cheese
- 1/2 cup Chopped Walnuts
- 2 tablespoon Olive Oil
- 1 tablespoon Balsamic Vinegar
- 1 teaspoon Honey
- Salt And Pepper To Taste

Cooking Directions

- STEP 1.In a large bowl, combine mixed greens, blueberries, crumbled blue cheese, and chopped walnuts.
- STEP 2.In a separate small bowl, whisk together olive oil, balsamic vinegar, honey, salt, and pepper to make the vinaigrette.
- STEP 3. Drizzle the vinaigrette over the salad and toss gently to coat all the ingredients.
- STEP 4. Serve immediately as a side dish or add grilled chicken or shrimp for a complete meal.

Cooking Tips

- To enhance the flavor, toast the walnuts before adding them to the salad.
- If you prefer a sweeter dressing, you can add more honey to the vinaigrette.