


 Sprinkle a mix of berries over your favourite bowl of cereal or oats

 Make up a chunky fruit salad that can be eaten with fingers, mix halved strawberries with a kiwi fruit, peeled and cut into wedges and a few slices of mango.



 Add a handful of raspberries and blueberries to your usual muffin recipe rather than dried fruit or diced chocolate.

 Mash, chop or puree some hulled strawberries, mix with a little chopped fresh mint then fold into some honey flavoured Greek yogurt.

Strawberry milkshake

Makes 2

7 medium strawberries
2 tablespoons of runny honey
1 peeled banana
250 ml of milk

Blitz together until smooth



Vitamin C Smoothie

Makes 3

2 large handfuls of fresh blackberries (or a mix of blackberries and blueberries)
600 ml of milk
1 tsp of runny honey

Blitz together until smooth

Strawberry & Blueberry Smoothie

Makes 2

5 strawberries
2 handfuls of blueberries
1 banana cut into chunks
200ml low fat yogurt.

Blitz together till smooth



Lisa Faulkner's Bran and Blueberry Muffins

These muffins couldn't be easier — just mix the dry things in one bowl, the wet in another then stir the two together with a fork.

Makes 18

Preparation time: 15 minutes
Cooking time: 20 minutes
250 g (9 oz) wholewheat flour
200 g (7 oz) natural oat or wheatbran
4 teaspoons baking powder
2 teaspoons bicarbonate of soda
Pinch salt
450 ml (3/4 pint) natural yogurt or buttermilk
180 ml (6 fl oz) vegetable oil
2 teaspoons vanilla extract
2 eggs
100 g (4 oz) light muscovado sugar
350 g (12 oz) blueberries

Line 18 sections of two muffin tins with paper cases or grease lightly with a little oil. Mix the flour, bran, baking powder, bicarbonate of soda and a little salt together in a mixing bowl.

Add the yogurt or buttermilk, oil and vanilla to a second, smaller bowl then add the eggs and sugar and fork together until smooth. Add to the bowl of dry ingredients and fork together until just mixed.

Add the blueberries and mix briefly, being careful not to overmix. Divide the mixture between the sections of the muffin tin.

Bake at 200°C (400°F) Gas mark 6 for 20 minutes until tops are firm when pressed. Lift out of the tin, transfer to a wire rack and serve while warm, or leave to cool completely.





Blueberry hot cakes

These are so quick and easy to mix together that they needn't be kept just for a special breakfast.

Serves 4

Preparation time: 15 minutes

Cooking time: 10 minutes

175 g (6 oz) self-raising flour

Half teaspoon bicarbonate of soda

2 eggs

150 g (5 oz) natural yogurt

150 ml (1/4 pint) milk

100 g (4 oz) blueberries

Grated rind of half an orange

Little oil for greasing butter and maple syrup to serve, plus extra blueberries

Put the flour and bicarbonate of soda into a large mixing bowl then add the eggs and yogurt. Slowly whisk in the milk bit by bit, whisking all the time until the mixture is smooth and frothy. Stir in the blueberries and orange rind.

Pour a little oil into a large non-stick frying pan, then wipe around the pan with a folded piece of kitchen towel. Heat up the pan then carefully drop large spoonfuls of the mixture into the pan, well spaced apart and cook until tiny bubbles begin to show on the top and the undersides are golden around the edges.

Turn the pancakes over with a non-stick egg slice and cook the second side until golden. Take these hot cakes out of the pan and keep hot in a folded tea cloth while you cook the rest of the mixture in the same way, greasing the pan with the kitchen towel between batches.

Serve 3 or 4 per portion, stacked up on plates topped with a knob of butter, a drizzle of maple syrup and some extra blueberries.

