



## **The Joy of Blueberries: Nature's Little Blue Powerhouse (Fruits & Favorites Cookbooks)**

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# The Joy of Blueberries: Nature's Little Blue Powerhouse (Fruits & Favorites Cookbooks)

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There's more to blueberries than muffins! In *The Joy of Blueberries* cookbook, **Theresa Millang** presents a wide array of blueberry recipes, from bars to soups to ice cream. Not only are blueberries delicious, they're versatile and good for you, too! The antioxidant power of blueberries may help and even reverse the inward and outward effects of aging. Also included are tips for growing, choosing and storing blueberries. More than 200 recipes mean you're sure to find what you crave.

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