



# Berry Goodness Desserts



## White Chocolate Chip Berrylicious Cheesecake Dip



### Cheesecake

- 8 oz. cream cheese, softened
- 1/3 cup white sugar
- 1/4 cup brown sugar, packed
- 2 tbsp. sour cream
- 1 tsp. vanilla extract
- 1 tsp. lemon juice
- 1/3 cup mini white chocolate chips

### Berrylicious Topping

- 3 cups mixed berries (raspberries, blueberries, diced strawberries, etc.)
- 2 tbsp. strawberry or raspberry jelly

### Dipper Suggestions

- gingersnaps (highly recommended)
  - graham crackers
  - pretzels
  - vanilla Oreos
  - vanilla wafers
- With a stand or handheld mixer, cream the cream cheese and sugars together at medium speed until light and creamy. Add yogurt/sour cream, vanilla and lemon juice and mix until well combined, scraping down sides as needed. Stir in white chocolate chips until evenly distributed. Pour onto a serving platter or pie dish and spread evenly with a spatula.
  - Add jam to a medium bowl and heat in microwave for 30 seconds, or until melted. Gently fold in the berries. Chill berries separately from cheesecake until serving.
  - When ready to serve, spoon berries over the cheesecake filling. Serve with any of the dipper suggestions.

<http://carlsbadcravings.com/white-chocolate-chip-berrylicious-cheesecake-dip/#>

## Blueberry Maple Cupcakes

These Blueberry Maple Cupcakes taste like the cupcake equivalent of blueberry pancakes!

- 1/2 cup butter, softened
- 3/4 cup brown sugar
- 2 eggs
- 1 egg white
- 1 3/4 cups flour
- 1/2 tsp. baking soda
- 1/4 tsp. baking powder
- 1/2 tsp. salt
- 2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/2 cup sour cream
- 1/4 cup milk
- 1/2 tsp. vanilla
- 1 cup fresh blueberries

### Maple Buttercream

- 1/2 cup butter, softened
- 8 oz. cream cheese, room temp
- 2 tsp. maple flavoring
- 4 cups powdered sugar
- extra blueberries to decorate



### Instructions

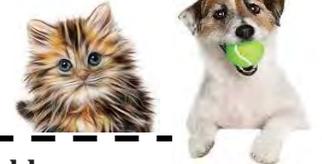
1. Preheat oven to 350° and line muffin pans with liners (12).
2. Using mixer fitted with a paddle attachment beat butter and sugar until fluffy.
3. On low-speed add eggs and egg white and beat until fully mixed.
4. In a medium bowl sift flour, baking soda, baking powder, salt, cinnamon, and nutmeg together.
5. Mix sour cream, milk, and vanilla together..
6. Add 1/3 of dry ingredients to mixer, then 1/2 of wet. Followed by another 1/3 of dry. Finish with remaining wet and dry ingredients. Don't overmix.

Continued on next column.

## Purina Pet Food Winner

Our Morro Bay customer, Roger Allen, won 2<sup>nd</sup> Place in the Purina Sweepstakes for National Pet Month (May 3<sup>rd</sup> Ad). He won 6 Months of Free Pet Food'

Yeah  
Roger!!



## Blackberry Spiced Honey Greek Yogurt



1 cup plain Greek yogurt (vanilla or coconut flavor would also work)  
handful of blackberries  
1-2 tablespoons honey  
pinch of cayenne (if desired; to taste)

Top the Greek yogurt with the washed blackberries. Combine honey and desired amount of cayenne in a small bowl and microwave for 15 seconds until honey is warm. Drizzle spiced honey over blackberries and yogurt. Enjoy!

<http://www.inthiskitchen.com/2014/06/17/blackberry-spiced-honey-greek-yogurt/>

Continued from previous column.

7. Fold in blueberries and fill muffin liners 3/4 full. Bake 18-20 min. or until very tops are fully cooked.
8. To make frosting, beat butter and cream cheese until fluffy. Add maple flavoring and sugar and beat until smooth.
9. Cool cupcakes before frosting. Use a pastry bag fitted with a large star and swirl around the outer part of cupcake and gradually come inwards with each swirl. Or just slather it on there.
10. Decorate with blueberries.

<https://spicysouthernkitchen.com/blueberry-maple-cupcakes/>

# Marshmallow Strawberry Shortcake



2 cups strawberries, sliced  
2 Tablespoons sugar (optional)  
8 1/2 inch slices of frozen pound cake (not thawed - see notes)  
8 Campfire® Marshmallows Regular marshmallows, cut in half

## DIRECTIONS

In a small bowl, combine strawberries and sugar, if using. Allow to sit for 5-10 minutes or until strawberries are juicy and soft (see notes).

On an indoor or outdoor grill, grill frozen pound cake slices until grill marks appear and cake is warm. Top each slice with 2 halves of a sliced marshmallow and toast using a kitchen torch (see notes). Top each slice with 1/4 cup of strawberries. Place one layer of cake, marshmallows and strawberries onto a second layer and serve! Yields 4.

## NOTES:

--Cutting pound cake when frozen makes it easier to slice and keeps the pound cake from falling apart on the grill.

--Marshmallows can be roasted prior to placing onto pound cake depending on your preference.

--If you are using very fresh, sweet strawberries, you can skip the sugar and mash the strawberries lightly with a fork to get the juices going.

<http://jellytoastblog.com/marshmallow-strawberry-shortcake>

## What You Should Know About Berries

### Ultimate brain protection

Berries are loaded with antioxidant-rich plant compounds called flavonoids that provide potent health protection.

A research review from the Human Nutrition Research Center on Aging at Tufts University in Boston says berries protect the brain in a multitude of ways.



They protect your brain by:

- Shielding the cells in your brain from damage caused by harmful free radicals. The brain, because of its high rate of metabolism, is a potential war zone for free radical damage.
- Reducing inflammation in the brain. Inflammation promotes and accelerates brain damage and brain aging.
- Enhancing brain cell survival – your brain cells live longer.
- Increasing neuroplasticity – your brain's ability to lay down totally new pathways that are important for learning and memory.
- Enhancing neurotransmission – the ability of brain cells to communicate or talk to each other. With good transmission, important messages are more likely to get through.

<http://inspiyr.com/facts-about-berries/>

Make it a great week,

~Tricia

Spencer's Fresh Markets

Morro Bay and Santa Maria



## Blackberry Pie Bars

1 c white sugar

1 t baking powder

3 c all-purpose flour

1 c cold unsalted butter (2 sticks, cubed)

1 egg

1/4 t salt

Zest and juice of one lemon

18 oz. package blackberries, roughly 3 c

1/2 c white sugar

4 t cornstarch

1. Preheat oven to 375, grease up a 9×13" pan.
2. In a very large bowl whisk together sugar, baking powder, flour, salt, and lemon zest.
3. Using a fork, a pastry cutter, or your incredibly strong Swedish massage hands, incorporate the cold cubed butter and egg into the flour mixture until it's crumbly. Don't get too crazy and make it look like sand.
4. In another bowl combine lemon juice, cornstarch, and sugar. Gently toss with blackberries.
5. Pat half the dough mixture into the pan. Top with blackberries, then crumble over the rest of the dough. Bake for 35-50 min until top is golden brown. Start checking at 35 min and then about every 5 min.
6. LET THEM COOL COMPLETELY THEN PUT THEM IN THE FRIDGE FOR AT LEAST A COUPLE OF HOURS.
7. Now you can proceed with cutting them up and eating several in one sitting.

<http://witandvinegar.com/?s=blackberry+pie+bars>