

# Sparkling Blueberry Lemonade

Prep time: 10 m | Total Time: 17 m

## INGREDIENTS

### *Blueberry Simple Syrup*

- 3/4 cup granulated sugar
- 1 cup water
- 1 cup fresh blueberries

### *Lemonade*

- 1 can lemonade concentrate thawed
- 1 liter club soda chilled
- 2 cups cold water
- Fresh blueberries for garnish
- slices Lemon for garnish
- Mint sprigs for garnish



## DIRECTIONS

### *Make the simple syrup.*

- Add water and granulated sugar to small saucepan and heat over MED heat.
- Heat until sugar is dissolved.
- Add in fresh blueberries and boil for 5 minutes, until blueberries are breaking down.
- Pour mixture through a fine mesh sieve into a small bowl and set aside to cool to room temperature.

### *Make the lemonade.*

- To a large pitcher, add thawed lemonade concentrate, cold water and slowly pour in chilled club soda. Be careful, it will fizz up a lot.
- Stir to combine well and place in refrigerator to chill.

### *To serve*

- Pour a little blueberry simple syrup in the bottom of serving glass, top with ice, pour in lemonade, top with a splash of club soda if desired.
- Garnish with fresh blueberries, lemon slices, and mint sprigs.

[via [The Chunky Chef](#)]

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# Blueberry Zucchini Muffins

Prep time: 15 m | Total Time: 35 m

## INGREDIENTS

- 1 1/2 cups white whole wheat flour
- 1/2 tsp salt
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1 1/2 tsp cinnamon
- zest of 1 lemon
- 20 packets Truvia (or 1 cup sugar)
- 2 eggs
- 2 tsp vanilla
- 1/2 cup greek yogurt
- 1 1/2 cups zucchini, shredded
- 1 1/2 cups blueberries



## DIRECTIONS

- In a small bowl, stir together the flour, baking powder, baking soda, salt, and cinnamon.
- In another small bowl, stir the lemon zest into the Truvia or sugar.
- In a large bowl, beat together the eggs, Greek yogurt, and vanilla, until smooth.
- Add the Truvia/zest mixture and stir until smooth.
- Slowly stir in the flour mixture until just incorporated.
- Fold in the zucchini and blueberries.
- Scoop 1/4 cup batter each into the wells of a lined muffin tin.
- Bake at 350°F for 25-30 minutes, until a toothpick comes out clean.
- Cool slightly in the pan, then remove to a wire rack to cool.

Store in an airtight container - can be frozen, well wrapped, for up to two months.

[via [Cooking Ala Mel](#)]

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# Superfood Baked Salmon

Prep time: 5 m | Total Time: 20m

## INGREDIENTS

- 3 to 4 salmon fillets (4-5 ounces each) or 16 oz fillet
- 2 cups brussels sprouts (quartered)
- 1 cup fresh blueberry (to be mashed)
- 1/4 to 1/3 cup chopped fresh basil
- 1/4 to 1/3 olive oil (divided)
- 3 tbsp balsamic vinegar
- 2 cloves or 1 tsp minced Garlic
- 1/4 to 1/2 tsp crush black Pepper
- Sea Salt (divided)
- 1 Lemons (juiced) with slices



## DIRECTIONS

- Preheat oven to 400F.
- Clean your salmon fillets and place on lined sheet pan.
- Clean and chop your brussel sprouts. Place on pan with salmon.
- Generously sprinkle sea salt on top of salmon and veggies. Set aside.
- Next, place your blueberry in a bowl. Mash with fork a bit.
- Add in 1/4 cup olive oil, 1/4 tsp salt/pepper, your basil, garlic, and balsamic vinegar.
- Mix all together.
- Drizzle another 2 -3 tbsp olive oil over your salmon and brussel sprouts.
- Spoon the balsamic basil blueberry mix over salmon fillets.
- Squeeze fresh lemon on top of salmon and veggies. Place lemon slices on top of veggies on the sheet pan.
- Sprinkle with extra black pepper.
- Place in oven for 15 minutes.
- Broil for 1 -2 minutes extra to make brussel sprouts and baked salmon skin extra crispy.
- Remove from oven.

Serve and enjoy!

[via [Cotter Crunch](#)]