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healthy recipes from our farm

Blueberry Apple Pudding

Apples and blueberries are the powerhouse of nutrients your body needs! Apples are low in sodium, calories and fat and high in dietary fiber (4.3 grams!) and boron which helps prevent calcium loss that can lead to osteoporosis, adding an apple a day is a great way to stay healthy! Blueberries are low in calories, high in fiber, high in anti-oxidants, great source of vitamin C and high in potassium.

- 1 1/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 6 firm apples, peeled, cored, and sliced
- 1 cup whole fresh or thawed blueberries
- 1/2 teaspoon ground cinnamon
- 2/3 cup granulated sugar, divided
- 5 tablespoons unsalted butter, at room temperature
- 2 large eggs, beaten
- 1/3 cup whole milk
- 1 teaspoon vanilla extract

Vanilla ice cream for serving

Position a rack in the center of the oven and preheat oven to 350 degrees. Lightly butter an 8 x 8-inch glass or ceramic baking dish. Whisk the flour, baking powder, and salt together. Set aside. Mix the apples, blueberries, cinnamon, and 1/3 cup sugar in a medium bowl and spread in the baking dish. Beat the butter and remaining 1/3 cup sugar in a medium bowl with an electric mixer on high speed until light and fluffy, about 2 minutes. Beat in the egg. Gradually stir in the flour and the milk and vanilla to make a thick batter. Using a rubber spatula spread the batter over the apples. Place the baking dish on a baking sheet or aluminum foil to catch any juices. Bake until the apple juices are bubbling and the topping springs back when pressed in the center, about 40 minutes. Serve warm with vanilla ice cream.

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