

## **In the Berry Merry Month of May Camerota's Cupboard May 2013**

It's May! Time for fresh berries. The American Institute for Cancer Research (AICR) offers information about berries plus a recipe. Berries are a powerhouse of nutrients such as Vitamin C, potassium, manganese and dietary fiber.

### **Strawberry-Blueberry Muffins**

( AICR Newsletter Spring 2013)

The ancient Romans ate wild strawberries. A natural cross-breeding of North and South American strawberries produced the large sweet berries we have today. Their peak availability is from April through July. One cup (about 8 strawberries) has 46 calories and provides as much vitamin C as an orange. Strawberries are packed with anti-cancer phytochemicals called polyphenols.

Wild blueberries were a staple food for Native Americans and the early European settlers. Researchers cultivated wild blueberries into the ones sold today. They are harvested from May through October; they contain 84 calories per cup. Each serving has nearly a quarter of the day's vitamin C requirements plus cancer-preventive antioxidants, such as anthocyanins, which provide their blue color.

Canola oil cooking spray  
3 tablespoons canola oil  
1/3 cup unsweetened applesauce  
1/2 cup sugar  
2 eggs  
1 teaspoon vanilla  
1 cup fresh blueberries  
1 cup chopped fresh strawberries  
1 cup whole-wheat flour  
1 cup unbleached all-purpose flour

2 teaspoons baking powder

¼ teaspoon salt

½ cup fat-free milk

- Preheat oven to 375 degrees F.
- Spray 12 muffin tins and set aside.
- In medium bowl, whisk together canola oil, applesauce, sugar, and eggs.
- Add vanilla, blueberries and strawberries.
- In separate bowl, blend together flours, baking powder and salt.
- Fold in half flour mixture, then half the milk into the vanilla and berry mixture.
- Add remaining flour and milk, folding in just until blended.
- Scoop batter into prepared tins.
- Bake 25-30 minutes or until golden brown and inserted toothpick comes out dry.
- Allow muffins to cool for 20 minutes before removing from pan.

**12 servings. Per serving (1 muffin):** 165 calories; 5g total fat (<1g saturated fat); 28g carbohydrates; 4g protein; 2g dietary fiber; 133mg sodium

### **Lemon Raspberry Bread**

(from The Nutrition Council of Greater Cincinnati's book, *More Nutritious Still Delicious*)

A member of the rose family, raspberries were grown in George Washington's gardens at Mt. Vernon. Late May to September is their peak harvest time. Raspberries provide 64 calories per 1-cup serving and are a potent source of the cancer-fighting phytochemical ellagic acid.

¼ cup butter, softened

2/3 cup plus ½ cup granulated sugar, divided

1 large egg  
2 large egg whites  
1 tablespoon grated lemon rind  
½ teaspoon vanilla extract  
2 ¼ cups all purpose flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
½ cup low fat lemon yogurt  
1 cup raspberries  
½ cup lemon juice

- Preheat oven to 350 degrees F. Spray a 9x5x3-inch loaf pan with cooking spray.
- In a mixing bowl, cream butter and 2/3 cup sugar until light and fluffy. Add egg, egg whites, lemon rind and vanilla; beat until well blended.
- In another bowl, combine flour, baking powder, and baking soda. Add flour mixture alternately with yogurt to creamed mixture, beginning with flour mixture.
- Stir in raspberries. Pour batter into prepared loaf pan. Bake in 350 deg. oven for 55 minutes or until a toothpick inserted in the center comes out dry. Remove from pan; let cool on a wire rack.
- In a saucepan, combine remaining sugar and lemon juice to a boil. Cook 1 minute; remove from heat. Pierce bread with a fork several times; pour lemon juice mixture over bread. Allow to cool completely before serving.

**Makes 15 slices. Per slice:** 177 calories; 3g protein; 33g carbohydrate; 1g dietary fiber; 3.5gm fat; 2g saturated fat; 23mg cholesterol; 160mg sodium

### **Brody's Cranberry-Pumpkin Muffins**

(Adapted from Jane Brody's *Personal Health* column in *The NYTimes*, 2/15/2011)

Ms. Brody recommends relying on fruits rather than on ice cream or baked goods for dessert. Or bake your own with whole-grain flour, fruit puree, and oil. She offers this personal favorite. I found the original recipe somewhat bland so added cloves, ginger and lemon zest. Adjust the spices to suit your taste.

1½ cups whole-wheat flour  
1½ cups all-purpose enriched flour  
1 cup sugar  
1½ teaspoons cinnamon  
½ teaspoon ginger  
½ teaspoon cloves  
¾ teaspoon allspice  
1 teaspoon baking powder  
1 teaspoon baking soda  
¼ teaspoon salt (optional)  
½ cup canola oil  
2½ cups canned pumpkin puree  
2 eggs, lightly beaten  
2 cups fresh cranberries, halved  
Zest of 1 lemon or orange

- Heat oven to 350 degrees F.
- In a large bowl, combine the flours, sugar, spices, baking powder, baking soda and salt (if using) and mix well.
- Add the oil, pumpkin and eggs and stir until just combined. Stir in the cranberries and zest and spoon the batter into greased muffin cups.
- Place the pans in the hot oven and bake for 40 minutes or until a tester inserted into the center of the muffins comes out dry.

**Makes 24 muffins.**