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TODAY  
Tuesday August 25 2009

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INGREDIENT WED AUG 19 2009

## Blueberries For The Win

In a follow up to my recent post, [Smart Foods](#), I'm going to begin doing weekly posts about a new food or ingredient that provides exceptional or unexpected nutritional value. Berry season is upon us and one of my favorites is blueberries. I love eating them with yogurt, in pancakes, jam, and pies - of course they are delicious plain as well (they're great frozen). I also love blueberry beer, though I doubt that offers the same health benefits as the actual fruit.



**Health Benefits:** According to the US Highbush Blueberry Council (yes, this actually exists) and [healthcastle.com](#) blueberries are among the fruits with the highest antioxidant activity. Antioxidants prevent or slow the oxidative damage to our body. "When our body cells use oxygen, they naturally produce free radicals which can cause damage. Antioxidants act as free

radical scavengers and prevent and repair damage done by these free radicals." Antioxidants are key in prevention of glaucoma, heart disease, cancer, ulcers and many other diseases. An added benefit: Blueberries are very low in calories.

One of my favorite places to go for fresh blueberries is [Pick Me Up Café](#) in Lakeview. For \$8 you can get a fruit and granola platter that consists of a huge bowl of fruit - chock full of blueberries - served with yogurt and delicious granola. Also be sure to check out the local farmers markets.

Like to cook? Here's my mom's recipe for Swedish pancakes - I've always loved them topped with blueberries:

- 4 eggs, well beaten
- Dash of salt
- 1/4 C. sugar
- 1/2 C. flour
- 1 C. milk
- 1/3 C. melted butter

Mix in above order, batter will be thin. Cook in a medium pan over medium heat - pancake will be the size of the pan. Flip each pancake only once. Top with fresh blueberries and powdered sugar.

— Kaitlin Olson / [Comments \(0\)](#)

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FEATURE FRI AUG 21 2009

## Yes, Michigan! (and a Little Indiana, for Good Measure)

BY MANDY BURRELL BOOTH

Michigan has a proud history of producing tourism ads that tug at our inner cheeseball. These days, the state's tagline is "Pure Michigan," a nod to the back-to-basics lifestyle most of us - with our shiny new canning equipment and...

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ONE GOOD MEAL FRI JUN 19 2009

## Mad for Mofongo

BY CINNAMON COOPER

I have no qualms saying how much I love to eat pork products. I do. I think pigs are delicious animals. But, even I have my limits as to how much pig fat I will eat in one sitting. For...

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Drive-Thru is the food and drink section of [Gapers Block](#), covering the city's vibrant dining, drinking and cooking scene.

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