



Puffy Popovers with Country Fresh Blueberry Sauce

Easy-to-make, airy light popovers are real showstoppers

- 2 large eggs
- 1 cup unsweetened almond milk or low-fat milk
- 1 Tablespoon butter, melted
- 1 cup all-purpose flour
- 1/2 teaspoon sea salt

Country Fresh Blueberry Sauce

- 1 pint fresh or frozen blueberries
- 1/4 cup granulated sugar
- 1 Tablespoon fresh lime juice
- 1/4 cup water
- 1 teaspoon pure vanilla
- 1 Tablespoon soft butter

Before Starting: Place oven rack in lower third of oven and preheat to 375 degrees F. Butter cavities of popover pan with softened butter; dust lightly with flour or spray with baking spray. Do not use regular cooking oil spray.

Mix Batter: Whisk eggs and milk in large bowl. Add melted butter in a stream while whisking. Add flour and salt and whisk until smooth.

Fill Pan and Bake: Divide batter evenly into pan cavities, filling no more than 3/4 full. Bake in preheated lower third of oven until golden brown, 45 to 50 minutes. Do not open the oven until done. Remove from oven, if desired, use a toothpick or paring knife to make a hole or slit in each popover to release steam. Loosen and remove immediately from the pan. Serve warm. Yield: 6 large Popovers

Recipe by: Nordic Ware Company, nordicware.com

Variation: Add 1 teaspoon minced herb of your choice for a savory flavor.

Prepare Blueberry Sauce: In a small saucepan, combine blueberries, sugar, lime juice, and water. Cook over medium high heat to boiling; reduce heat to medium; cook stirring occasionally until the mixture becomes thickens about 10 to 12 minutes. Remove pan from heat; stir in vanilla and butter until melted; place in small container for serving with the popovers.

About the Recipe: Popovers arrived in America from English settlers, who adapted the Yorkshire pudding recipe and renamed it popover. A popover is baked in a special popover pan that's deeper and more cylindrical than a muffin pan. They can be made in large or petite size pans. This recipe makes perfectly light and airy popovers that are fluffy and easy to make. They should release easily from the pan with no sticking problems. They're perfect for breakfast, brunch, snacks, soups, or with salad. Enjoy these showstopping results with some homemade Country Fresh Blueberry Sauce or melted butter.

To Substitute for Butter:

Use avocado oil to lightly grease the pan; melted 1 tbsp healthy spread with olive oil instead of stick butter.