

Raspberry & Blueberry Dumplings

Fresh Ontario raspberries and blueberries are combined to make this classic Canadian dessert. Later, make it from that precious cache of Pick Your Own berries in your freezer.

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| 3 cups (750 ml) | Ontario raspberries |
| 3 cups (750 ml) | Ontario blueberries |
| 3 tbsp (45 ml) | granulated sugar |
| 2 tsp (10 ml) | cornstarch |
| Dumplings: | |
| 1½ cups (375 ml) | fresh breadcrumbs |
| ¾ cup (175 ml) | all-purpose flour |
| 2 tbsp (25 ml) | granulated sugar |
| 1½ tsp (7 ml) | baking powder |
| ½ tsp (2 ml) | baking soda |
| ¼ tsp (1 ml) | ground nutmeg |
| Pinch | salt |
| ½ cup (125 ml) | plain yogurt |
| 1 | egg |
| ¼ cup (50 ml) | butter, melted |

1. Select ½ cup (125 ml) each of plumpest blueberries and raspberries. Spread in single layer on plate and sprinkle with 1 tbsp (15 ml) of the sugar; set aside.
2. In Dutch oven or wide saucepan, mix remaining sugar with cornstarch.
3. Gently mix in remaining berries. Cover and cook over low heat until juices start to flow. Bring to simmer, stirring gently until sauce thickens. Cover and keep warm.
4. **Dumplings:** In bowl, combine breadcrumbs, flour, sugar, baking powder, baking soda, nutmeg and salt, mixing well. Beat together yogurt, egg and butter. With fork, stir into dry ingredients just until moistened. With floured hands, shape into 6 dumplings.
5. Bring sauce to gentle simmer. Add dumplings, keeping them about 2 in. (5 cm) apart. Cover and cook for 15 to 20 min. or until cake tester inserted in dumpling comes out clean. Ladle sauce and dumplings into serving bowls. Spoon reserved berries over top.
Serves 6.

Nutritional Information per Serving

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| Protein: | 7.5 grams |
| Fat: | 9.5 grams |
| Carbohydrates: | 61.5 grams |
| Calories: | 362 |