

July Is National Blueberry Month

Mouthwatering Blueberry-Apricot Bread

(NAPS)—Feeling blue? Recent health and nutrition research indicates that what may be missing from your diet are blueberries!

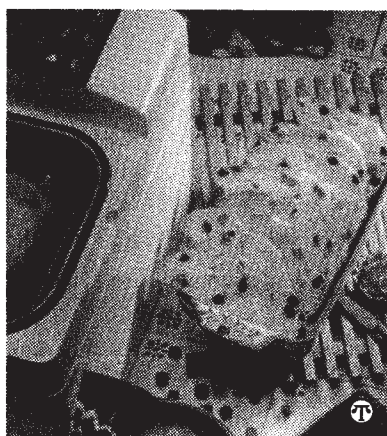
Studies from such prominent bodies as the National Institutes of Health, Tufts University and Rutgers State University show remarkable evidence that the humble blueberry may slow or reverse aging and memory-loss, help prevent urinary tract infections, even improve eyesight. Tufts researchers say blueberries rate highest in antioxidants among more than 40 fruits and vegetables. For details on the health benefits of blueberries, visit the North American Blueberry Council on the World Wide Web: www.blueberry.org.

In honor of National Blueberry Month, consider this delicious new recipe: **Blueberry Apricot Bread**. This recipe is sweet and fruity, and is excellent as a breakfast bread or a mid-day snack.

The flavorful **Blueberry Apricot Bread** recipe has been created by Fleischmann's Test Kitchens for both oven and bread machine bakers. The oven recipe offers the time-saving benefit of Fleischmann's RapidRise yeast.

The yeast company was founded in 1868 when Charles and Maximilian Fleischmann arrived in the United States from the native Austria-Hungary. Dissatisfied by the quality of bread available, they introduced a commercial yeast product with a remarkable leavening power.

With more than three-fourths of all U.S. consumers purchasing the company's yeast over other brands, there's a complete line of yeast products made and distributed by Fleischmann's Yeast. The toll-free line for those who need immediate assistance is 1-800-777-4959. The URL, www.breadworld.com, is bursting with hints and recipes for both the oven and bread machine.



In honor of National Blueberry Month, try **Blueberry Apricot Bread** as a breakfast bread or snack.

Blueberry Apricot Bread (Oven Recipe) Makes 1 loaf

Served as breakfast bread or mid-day snack, **Blueberry Apricot Bread** can become a family favorite.

- 2 1/4 cups bread flour
- 2 tablespoons sugar
- 1 envelope FLEISCHMANN'S RapidRise™ Yeast
- 2 teaspoons grated lemon peel
- 1 teaspoon salt
- 1/2 cup milk
- 1/4 cup water
- 2 tablespoons butter or margarine
- 1 egg, large
- 1/3 cup dried blueberries
- 1/3 cup fresh blueberries
- 1/3 cup coarsely chopped dried apricots

In a large bowl, combine 3/4 cup flour, sugar, undissolved yeast, lemon peel, and salt. Heat milk, water, and butter until very warm (120° to 130°F). Gradually add to

dry ingredients. Beat 2 minutes at medium speed of electronic mixer scraping bowl occasionally. Add egg and 1/2 cup flour; beat 2 minutes at high speed. Stir in remaining flour, blueberries and apricots to make a stiff batter. Spread evenly in greased 8 1/2 x 4 1/4 loaf pan. Cover; let rise in warm, draft-free place until doubled in size, about 1 hour. Bake at 375°F for 30 to 35 minutes or until done. Remove from pan; cool on wire rack.

Nutrition Information per Serving: Serving size: slice (1/12 of recipe): Calories: 160; Total fat: 3g; Saturated fat: 1.5g; Cholesterol: 25mg; Sodium: 230 mg; Carbohydrates: 28g; Dietary Fiber: 1g; Protein: 5g.

Blueberry Apricot Bread (Bread Machine Recipe) Makes 1 loaf

- 1/2 cup milk
- 1/4 cup water
- 2 tablespoons butter or margarine
- 1 egg, large
- 1 teaspoon salt
- 2 1/4 cups bread flour
- 1/3 cup dried blueberries
- 1/3 cup fresh blueberries
- 1/3 cup coarsely chopped dried apricots
- 2 teaspoons grated lemon peel
- 2 tablespoons sugar
- 2 teaspoons FLEISCHMANN'S Bread Machine Yeast

Add ingredients to bread machine pan in the order suggested by manufacturer, adding blueberries and apricots with flour.

Recommended cycle: Basic/white bread cycle, select medium/normal color setting.