

## July 7<sup>th</sup>, 2011: Red, White & Blue

### **Berry-Topped Cupcakes**

1 pkg. (2-layer size) **white cake mix**  
1 cup fat free **milk**  
1 pkg. (4-serving size) Jell-O vanilla flavor fat free sugar free instant reduced calorie **pudding & pie filling**  
1 tub (8 oz.) **Cool Whip Lite** Whipped Topping, thawed  
24 small **strawberries**, stems removed, each cut into 5 slices  
 $\frac{1}{2}$  cup **blueberries**

**Prepare** cake batter as directed on package for reduced fat cupcakes. Spoon evenly into 24 paper-lined medium muffin cups. Bake as directed on package. Cool 10 min. Remove from pans to wire racks. Cool completely.

**Pour** milk into large bowl. Add dry pudding mix. Beat with wire whisk 2 min. or until well blended. Gently stir in whipped topping.

**Spread** tops of cupcakes with pudding mixture. Arrange 5 of the strawberry slices on top of each cupcake to resemble a star. Fill centers of stars with blueberries. Store in refrigerator.

### **Honey Fruit Salad**

2 medium firm **bananas**, chopped  
2 cups fresh **blueberries**  
2 cups fresh **raspberries**  
2 cups sliced fresh **strawberries**  
5 Tbl **honey**  
1 tsp **lemon juice**  
 $\frac{3}{4}$  tsp **poppy seeds**

In a large bowl, combine the bananas and berries. In a small bowl, combine the honey, lemon juice and poppy seeds. Pour over fruit and toss to coat.

### **Tropical Ambrosia**

2 **kiwi**, peeled, sliced

- 1 8 ½ oz. can **pineapple chunks**, drained
- 1 cup **banana** slices
- 1 cup flaked **coconut**
- 1 cup **marshmallows**

Combine ingredients. Mix lightly. Chill.

### **Gazpacho Salad**

- 1 cup diced **tomato**
- ½ cup diced peeled **cucumber**
- ¼ cup **green pepper**
- 2 Tbl diced **red pepper**
- 2 Tbl thinly sliced **scallion**
- 2 Tbl **vinegar**
- ¼ tsp **pepper**
- 1/8 tsp **garlic powder** (optional)
- 1 ½ cups **tomato juice**
- 1 (4 serving size) package lemon-flavored sugar-free **gelatin**
- Crackers** (optional)

Mix vegetables, vinegar, pepper and garlic powder in medium bowl. Set aside.

Bring tomato juice to boil in a small saucepan. Stir into gelatin in large bowl at least 2 minutes until completely dissolved. Refrigerate about 1 ¼ hours or until slightly thickened (consistency of unbeaten egg whites).

Stir in vegetable mixture. Pour into 4-cup mold. Refrigerate 3 hours or until firm. Unmold. Serve with crackers, if desired.

### **Fresh Strawberry Upside Down Cake**

- 2 cups crushed fresh **strawberries**
- 1 (6oz) package strawberry flavored **gelatin mix**
- 3 cups miniature **marshmallows**
- 1 (18oz) package yellow **cake mix**

Preheat oven to 350 degrees

Spread crushed strawberries on the bottom of a 9X13 in. baking pan. Evenly sprinkle strawberries with the dry gelatin powder and top with mini marshmallows.

Prepare the cake mix as directed on the package and pour on top of the marshmallows. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 40 to 50 minutes. Cool in the pan for 15 minutes. Run a knife around the pan to loosen the sides and turn the cake out onto a serving tray. Store cake in the refrigerator.

### **Strawberry Blueberry Pudding Cake**

¼ cup **water**

1 ½ tsp **cornstarch**

1/3 cup plus ½ cup **sugar**

2 cups chopped fresh **strawberries**

1 cup fresh **blueberries**

1 cup all-purpose **flour**

1  $\frac{3}{4}$  tsp **baking powder**

$\frac{1}{2}$  tsp **salt**

1 large **egg**

$\frac{1}{2}$  cup **whole milk**

1 stick ( $\frac{1}{2}$  cup) unsalted **butter**, melted and cooled slightly

1 tsp pure **vanilla** extract

Put oven rack in middle position and preheat oven to 400 degrees. Butter an 8 in. square glass or ceramic baking dish.

Stir together water, cornstarch, and  $\frac{1}{3}$  cup sugar in a small saucepan, then stir in strawberries. Bring to a simmer, stirring occasionally, 3 minutes. Remove from heat and stir in blueberries.

Whisk together flour, baking powder, salt, and remaining  $\frac{1}{2}$  cup sugar in a bowl. (I like to use  $\frac{1}{4}$  cup of white sugar and  $\frac{1}{4}$  cup of brown sugar for extra flavor)

Whisk together egg, milk, butter, and vanilla in a large bowl, then whisk in flour mixture until just combined.

Reserve  $\frac{1}{2}$  cup fruit mixture, then add remainder to baking dish and pour batter over it, spreading evenly. Drizzle reserved  $\frac{1}{2}$  cup fruit mixture over batter. Bake until a wooden pick inserted into center of cake portion comes out clean, 25-30 minutes. Cool in pan on a rack. Best if served soon and warm.