

## Blueberry Recipes from Curb Ivanic

These two recipes are from the folks at **Precision Nutrition**. They were created by John K. Williams who's actually an archaeologist and has done a lot of research into evolutionary human nutrition.

### **Blueberry Bran Muffins**

These little treats are made from low-GI carbs, so you don't have to worry about eating one or two after a Protein + Carb meal. They also have a bit of flax meal to add moisture, and just a couple of polyunsats. I've been eating these for a while and loving them, so recently I gave them the final test by taking a batch to a dinner party, complete with professors and their wives. Success!

Ingredients:

- 1 cup oat bran
- ½ cup flax meal
- 4 scoops protein powder, flavor of your choice (I like chocolate with this recipe).
- 2/3 cup frozen blueberries
- 1 cup granulated Splenda
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 teaspoon baking powder
- 3 jumbo egg whites
- 1 teaspoon maple extract
- 2/3 cup water

Instructions:

Mix the dry ingredients together in a large bowl, then add the egg whites, extract, and water. Stir until mixed well. Scoop into a muffin pan coated with cooking spray. Bake at 350-degrees for 25 minutes. Makes 6 large muffins.

Macronutrient Profile (each muffin):

- K/cal: 176
- Fat: 4 g (1s, 1m, 2p) (my note: s=saturated, m=monounsaturated, p=polyunsaturated)
- Carbs: 20g (4 fiber)
- Protein: 21 g

### **Blueberry Cheesecake**

From my experience, and the stories of my friends who have made them, it's almost impossible to keep an entire cheesecake around for longer than one day.

Ingredients:

- Crust:
  - 1 cup graham cracker crumbs
  - ¼ cup ground flax seeds
  - ¼ cup raw oat bran
  - 1 oz fat-free cream cheese, warmed in microwave
  - 1/3 cup water
- Cheesecake:
  - 2 cups lowfat cottage cheese
  - ½ package (52 g) powdered Jell-O instant pudding, cheesecake flavor
  - 3 oz. fat-free cream cheese
  - 3 scoops strawberry whey protein powder\*
  - 1 cup frozen blueberries and 4 tablespoons granulated Splenda (\*see option 2 below before adding these at this stage)

Instructions:

To make the crust, mix crust ingredients in a large bowl. Stir this mixture until it is all the same consistency, then press into a 9-inch pie pan sprayed with Pam, stretching the crust up the sides of the pan. For the rest of the cake, put the other ingredients in a blender. Blend on high until smooth and creamy. You might have to blend it in smaller portions, depending on the power of your blender, but resist the temptation to add water, as this makes the cake soupy. Also, more Jell-O mix can be added for more desirable consistency. Pour the blender mixture into the crusted pan, and refrigerate for 1 hour.

\*Blueberry option 2: to make a 'fancier' cheesecake, thaw the blueberries, then stir the Splenda in with them, and use this as a topping for the cheesecake. Makes 6 slices.

Macronutrient Profile (each slice):

- 258 k/cal
- Fat: 5 g (2s, 1m, 2p)
- Carbs: 30 g (2 fiber)
- Protein: 25 g

**A few notes about some of the dessert ingredients:**

Flax meal is simply ground flax seeds. Flax seeds are cheap as sin in bulk, and you can grind them at home with a hand-held coffee grinder. I usually grind them just before their used. If you want to make the meal in bulk, just be sure to store it in an airtight container in the fridge to preserve its freshness.

Splenda is used as a low-calorie sweetener in many of these recipes, as I prefer its taste to other artificial sweeteners, but others can be used according to your preference. Splenda is not entirely carb-free, since they use a bit of maltodextrin to give it texture. There are 24 carbs in 1 cup of granulated Splenda. This was calculated into the nutritional information for the relevant recipes.

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John Williams is an archaeologist by training but his free time is occupied with eating well, training hard, and learning more about fitness and nutrition. John can be contacted at [johnkew@yahoo.com](mailto:johnkew@yahoo.com).

Give these recipes a try and let me know how you like them. Bon appetit!

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