



Honey Roasted Blueberries

Have you ever bought a container of blueberries and popped one into your mouth, only to find that they have absolutely no flavour? Humph.

Here's a simple solution: roast them! The flavour intensifies and brightens with a bit of fresh lemon juice. A little honey brings out some sweetness.

Honey Roasted Blueberries are dreamy on creamy cottage cheese, but also great on peanut butter toast, warm oatmeal, pancakes, waffles, or in a Greek yogurt parfait.

Make a big batch. Trust me, you'll want to eat the whole tray.

Time: 15 minutes **Makes:** 4 servings

Ingredients:

2 small containers (170 grams each) blueberries, washed
3 tsp honey
1/2 lemon

How To Make:

Set oven to 350 F. Line a baking sheet with parchment.

Put blueberries on the parchment lined baking sheet. Drizzle with honey. Squeeze the lemon over top to release all the juice.

Put the blueberries in the oven and roast for 8 to 10 minutes (depending on size of the berries), until some are just starting to split open.

Cool and store in the refrigerator (if there are any left -- good luck with that!).