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Fruit and Berry Dessert Recipes

Apple Betty

Better Homes and Gardens New Cook Book (New York: Meredith Press, 1970, third printing), p. 171
Contributed by Diane Wolford Sheppard

4 cups sliced pared tart apples or 1 1-pound 2 ounce can pie-sliced apples, drained
¼ cup orange juice
1 cup sugar
¾ cup sifted all-purpose flour
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
Dash salt
½ cup butter

Mound apples in buttered 9-inch pie plate; sprinkle with orange juice. Combine sugar, flour, spices, and salt; cut in butter till mixture is crumbly; sprinkle over apples. Bake at 375º for 45 minutes or till apples are tender and topping is crisp. Serve warm with cream.

Six servings.

Apple Brown Betty

Betty Crocker, *Crisps and Cobblers* (Minneapolis: General Mills, Inc., spring 2014), p. 42
Contributed by Diane Wolford Sheppard

4 cups soft white bread crumbs (about six slices bread)
⅓ cup butter, melted
1 cup packed brown sugar
1 tablespoon ground cinnamon
4 large apples, peeled, cut into ¼ inch slices
1 cup apple cider

1. Heat oven to 350º F. Lightly spray 2-quart casserole with cooking spray.
2. In medium bowl, stir together bread crumbs and melted butter. In small bowl, mix brown sugar and cinnamon.
3. Place half of the apple slices in casserole; sprinkle with half of the brown sugar mixture and half of the bread crumb mixture. Repeat layers. Pour cider on top.
4. Bake 45 to 55 minutes or until apples are tender and topping is browned. Serve warm.

Six servings

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Upside-Down Apple Spice Cake

Betty Crocker - http://www.bettycrocker.com/recipes/upside-down-apple-spice-cake/a9d25aa3-c06f-4eb2-9fd7-a2ef57211e5c

Contributed by Diane Wolford Sheppard

½ cup butter
2/3 cup packed brown sugar
1 cup chopped walnuts, toasted
1 ½ pound apples, peeled, chopped (3 large)
1 box Betty Crocker Super Moist spice cake mix
Water, vegetable oil, and eggs called for on cake mix box

1. Heat oven to 350º F. In 13x9 inch pan, melt butter in oven. Sprinkle brown sugar and walnuts over butter; stir to combine. Sprinkle chopped apples in pan.
2. Mix cake as directed on box for 13x9 inch pan, using water, oil, and eggs. Pour batter over apples and walnuts in pan.
3. Bake 35 to 40 minutes or until toothpick in center comes out clean. Cool on cooling rack 2 minutes; run knife around sides of pan to loosen cake. Place heatproof serving plate upside down on pan; turn plate and pan over. Remove pan. Serve cake warm.

Serves 15

Apple Crisp

Craig Claiborne, *The New York Times Cook Book* (New York: Harper and Row, 1961), p.

Contributed by Diane Wolford Sheppard

6 tart apples
1 cup sugar
¼ teaspoon ground cloves
½ teaspoon cinnamon
2 teaspoons lemon juice
¾ cup sifted flour
1/8 teaspoon salt
6 tablespoons butter
¼ cup chopped nut meats
Whipped cream or ice cream

1. Preheat oven to moderate (350º F)
2. Peel, core, and slice the apples into a bowl. Add ½ cup of the sugar, the spices, and lemon juice. Mix lightly and pour into a buttered half-quart casserole.
3. Blend the remaining sugar, flour, salt, and butter to a crumbly consistency. Add the nuts and sprinkle over the apple mixture. Bake 45 minutes, or until the apples are tender and the crust is nicely browned.

6 servings – serve with whipped cream or ice cream.

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Apple Crisp
Betty Crocker, *Bisquick* (Minneapolis, Minnesota: General Mills, Inc., 2000), p. 107
Contributed by Diane Wolford Sheppard

4 medium tart* cooking apples, peeled and sliced (4 cups)
2/3 cup packed brown sugar
½ cup quick-cooking or old-fashioned oats
½ cup Original or Reduced Fat Bisquick
1/3 cup stick margarine or butter, softened
¼ teaspoon ground cinnamon
¾ teaspoon ground nutmeg

Arrange apples in ungreased 2-quart microwavable casserole or square microwavable dish, 8x8x2 inches. Stir remaining ingredients until crumbly. Sprinkle over apples.

Bake in 375º oven about 30 minutes or until topping is golden brown and apples are tender.

* I use Granny Smith Apples

Apple Cranberry Crisp
Pillsbury, *Country American Cooking* (Harlan, Iowa: The Pillsbury Company, 1988), p. 85
Contributed by Diane Wolford Sheppard

5 cups peeled, sliced apples
1 ½ cups fresh or frozen chopped cranberries
1 cup sugar
2 tablespoons flour
1 teaspoon cinnamon
1 cup quick-cooking rolled oats
½ cup firmly packed brown sugar
⅓ cup flour
¼ cup margarine or butter
½ cup chopped nuts
Whipped Cream

Heat oven to 375º F. Grease 12x8 inch (2 quart) baking dish. In large bowl, combine apples, cranberries, sugar, 2 tablespoons flour, and cinnamon. Spoon into prepared baking dish. In small bowl, combine rolled oats, brown sugar, and ⅓ cup flour. Cut in margarine with pastry blender or fork until consistency of coarse meal. Stir in nuts. Sprinkle crumb mixture evenly over fruit. Bake at 375º F for 30 to 40 minutes or until golden brown and apples are tender. Serve with whipped cream.

10 servings

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French Apple Dessert
Betty Crocker, *Bisquick Classics and New Favorites* (Minneapolis: General Mills, Inc., 1993), p. 71
Contributed by Diane Wolford Sheppard

6 cups thinly sliced peeled tart apples (4 to 6 medium)
1 cup sugar
¾ cup Bisquick Original Baking Mix
¾ cup milk
2 tablespoons margarine or butter, softened
1 ¼ teaspoons ground cinnamon
¼ teaspoon ground nutmeg
2 eggs

Heat oven to 350º. Grease rectangular baking dish, 13x9x2 inches. Prepare Streusel Topping; reserve. Spread apples in baking dish.

Beat remaining ingredients in blender on high speed about 15 seconds, or with wire whisk or hand beater about 1 minute until smooth. Pour over apples. Sprinkle with topping.

Bake about 55 minutes or until knife inserted in center comes out clean; cool.

Streusel Topping:
1 cup Bisquick Original Baking Mix
½ cup chopped nuts
1/3 cup packed brown sugar
3 tablespoons firm margarine or butter

Mix baking mix, nuts, and brown sugar. Cut in margarine with fork or pastry blender until mixture is crumbly.

French-Canadian Maple Syrup Baked Apples
Barbara Fried

Wash and dry six large, firm apples.

Core apples and place in a small baking pan.

Pour maple syrup into each apple to the top.

Bake at 350º for 20 minutes or until apples are soft.

Hot Baked Cinnamon Apples
Courtesy of www.Food.com
Contributed by Diane Wolford Sheppard

Ingredients:
10 apples, cored, peeled and sliced thinly
2 teaspoons cinnamon
1 cup brown sugar
2 teaspoons lemon juice (optional)
1 dash salt

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1 dash nutmeg

Whipped cream (optional) or ice cream (optional)

Directions:

1. Preheat oven to 375º
2. Place cut and peeled apples in a mixing bowl and gently mix all ingredients together.
3. Place apples in a non-stick pan; cover and place in the oven.
4. Bake for 45 minutes, stirring at least once every 15 minutes.
5. Once they are soft, cook for another few minutes to thicken the cinnamon sauce. The cook likes to put everything into her baking dish and then mix it so there is less to clean up.

Pouding aux Pommes **(Apple Pudding)**

Micheline Mongrain Dontigny, *Traditional Québec Cooking: A Treasure of Heirloom Recipes* (La Tuque, Québec: Les Editions la bonne recette, 1995), p. 111

Contributed by Diane Wolford Sheppard

5 medium, tart, juicy apples sliced
Brown sugar to cover apple slices
2 tablespoons soft butter
½ cup sugar
1 egg
½ cup flour
1 teaspoon baking powder

1. Spread apple slices on the bottom of a greased square pan and sprinkle with brown sugar.
2. In a medium sized bowl, cream butter and sugar. Add egg and mix well.
3. Incorporate flour mixed with baking powder to the batter.
4. Spoon batter onto top of apples and bake at 350º F for 45 minutes or until a toothpick inserted in middle of pudding comes out clean.

Serves 4

Acadian Blueberry Dessert

By Barbara Fried

Ingredients:
4 cups fresh blueberries
1 ½ cups sugar
1 cup water
2 cups flour
4 teaspoons baking powder
Salt – dash
2 tablespoons butter
1 cup milk

Cook water, ¾ cup sugar, and berries in a large pan.

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Mix another ¾ cup sugar with the flour and baking powder. Add a dash of salt.

Cut in butter to this mixture. Add milk. The dough will be soft.

Drop this dough mixture into hot blueberry sauce. Cover and cook 10-15 minutes.

Blueberry Buckle

Elizabeth Baird, *Best Recipes of the Maritime Provinces – The Best Tasting Recipes from Home Cooks and Leading Chefs* (Halifax: Formac Publishing Company Limited, 2012), p. 228
Contributed by Diane Wolford Sheppard

Cake:
½ cup butter, softened
½ cup packed brown sugar
1 large egg
1 teaspoon vanilla extract
2 cups all-purpose flour
1 tablespoon baking powder
½ teaspoon salt
¼ cup milk
3 cups blueberries

Topping:
½ cup packed brown sugar
6 tablespoons all-purpose flour
½ teaspoon cinnamon
¼ cup cold butter, cubed

Cake: Beat the butter, then beat in the sugar, egg, and vanilla. In a separate bowl, sift together the flour, baking powder, and salt. Mix into the butter mixture in 3 portions, alternating with the milk in 2 portions. Spread evenly in a greased 8-by-12 inch cake pan.

Pour the blueberries over the batter in an even layer. Press down very lightly.

Topping: Combine the sugar, flour, and cinnamon. Cut in the butter, working until the mixture is crumbly. Sprinkle evenly over the berries.

Bake in 350º F oven for 50 to 55 minutes, or until the crumble top is light golden, the berries juicy and a toothpick inserted into the cake comes out clean. Leave the buckle in the pan. Serve warm.

Serves 10 to 12

Blueberry Cake and Blueberry Sauce

Originally Published in *Michigan's Habitant Heritage* in July 1984

Blueberry Cake
Mix together:
¾ cup sugar
1 beaten egg
¼ cup soft shortening

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Sift together:
2 cups flour
2 teaspoons baking powder
½ teaspoon salt

Add flour mixture alternatively to sugar mixture with ½ cup cold milk

When mixed well, add 1 ½ cups washed and drained blueberries

Pour batter into greased and floured 9 x 9 pan. Bake at 375º for 40 minutes or until cake tests done.

Blueberry Sauce:
Mix together in saucepan:
½ cup sugar
1 tablespoon cornstarch
1 cup water

Cook over medium heat, stirring constantly, until mixture boils. Reduce heat.

Add:
1 tablespoon lemon juice
½ teaspoon cinnamon OR nutmeg (optional)
1 cup fresh blueberries

Simmer about 5 minutes. Stir occasionally. Makes 1 /4 cup.

Lemon Blueberry Crumble
Betty Crocker, *Crisps and Cobblers* (Minneapolis: General Mills, Inc., spring 2014), p. 54
Contributed by Diane Wolford Sheppard

6 cups fresh blueberries
¾ cup granulated sugar
3 tablespoons cornstarch
3 teaspoons grated lemon peel
2 tablespoons fresh lemon juice
1 teaspoon vanilla
½ cup Gold Medal all-purpose flour
⅓ cup packed brown sugar
¼ cup cold butter or margarine
¼ cup quick-cooking or old-fashioned oats

1. Heat oven to 350º F. Spray 8-inch square (2 quart) glass baking dish with cooking spray.
2. In large bowl, mix blueberries, granulated sugar, cornstarch, 2 teaspoons of the lemon peel, the lemon juice, and vanilla. Spoon into baking dish.
3. In medium bowl, mix flour and brown sugar. Cut in butter, using pastry blender or fork, until crumbly. Stir in oats and remaining 1 teaspoon lemon peel. Sprinkle evenly over berry mixture.
4. Bake 50 to 55 minutes or until filling is bubbly and topping is golden brown. Serve warm.

Serves 6

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Blueberry Grumble

Laura Calder, The Cooking Channel http://www.cookingchanneltv.com/recipes/laura-calder/blueberry-grumble.print.html
Contributed by Diane Wolford Sheppard

Crumble topping:
¾ cup butter, plus more for pan
1 cup brown sugar
1 ½ cups ground almonds
1 cup rolled oats, toasted

Blueberry filling:
4 cups blueberries
¼ cup granulated sugar
2 tablespoons flour
Slightly sweetened vanilla-flavored whipped cream for serving, optional

1. For the grumble topping: heat the oven to 400º. Butter an 8-by-8-inch baking dish.
2. Cream together the butter and brown sugar. Cut in the ground almonds and oats. You could add some cinnamon and ginger if you like, too, although I prefer it plain. Set aside.
3. For the filling, toss the fruit with the granulated sugar and flour and tumble into the baking dish.
4. Sprinkle the crumble mixture evenly over the fruit and press to pack it down a bit. Bake until the fruit is soft and the top crisp, about 40 minutes. Let sit about 15 minutes before serving. If you like, serve with sweetened vanilla-flavored whipped cream.

Cipâte aux Bluets (Deep Dish Blueberry Pie)

Micheline Mongrain Dontigny, *Traditional Québec Cooking: A Treasure of Heirloom Recipes* (La Tuque, Québec: Les Editions la bonne recette, 1995), p. 129
Contributed by Diane Wolford Sheppard

2 unbaked pie shells
5 cups blueberries
1 ¼ cups sugar
2 tablespoons butter

1. Heat oven to 350º F. Pour half of blueberries into deep dish casserole. Sprinkle with half of sugar and cover with a pie crust; trim crust to fit into dish.
2. Cover crust with the other half of blueberries, sprinkle with remaining sugar and dot with butter. Cover with top crust and trim edge to fit border of casserole. Cut a 2 inch hole in center of pie; this will allow steam to escape.
3. Bake for about two hours or until crust is light brown. Cool until lukewarm, and serve with pouring cream if desired.

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Sweet Dark Cherry Pudding Cake

Best Recipes – Home for the Holidays – Thanksgiving Classics (Lincolnwood, Illinois: Easy Home Cooking Publications, 2002), pp. 60-61
Contributed by Diane Wolford Sheppard

4 cups all-purpose flour
2 cups sugar
2 ½ tablespoons baking powder
1 ¼ tablespoon salt
2 cups milk or soy milk
¾ vegetable oil
8 cups frozen, pitted, dark sweet cherries
4 cups packed brown sugar
1 ½ teaspoon ground cinnamon
¼ lemon juice
1 quart boiling water

1. In a large bowl, stir together the flour, sugar, baking powder, and salt. By hand, stir in the milk and vegetable oil until smooth; do not overmix. Spread batter into an ungreased 12x20-inch pan.
2. Arrange frozen, pitted, dark sweet cherries in a single layer over batter.
3. Toss together the brown sugar and cinnamon to combine; sprinkle evenly over cherries.
4. Stir lemon juice into boiling water and pour slowly over the cherries and brown sugar.
5. Bake 60 to 70 minutes at 350º F or until a wooden pick comes out clean.
6. To serve, cut cake into 4x6 inch pieces.

Makes 24 servings
Option: replace frozen, pitted dark sweet cherries with six (16 ounce) cans pitted, dark sweet cherries, well-drained.

Rustic Cherry Shortcake

Best Recipes – Home for the Holidays – Thanksgiving Classics (Lincolnwood, Illinois: Easy Home Cooking Publications, 2002), p. 61
Contributed by Diane Wolford Sheppard

4 slices French bread
2 tablespoons butter or margarine, softened
2 tablespoons sugar, divided
¼ teaspoon ground cinnamon
1 ½ cups pitted fresh sweet Northwest cherries, halved
1 cup fresh or canned pineapple chunks
½ cup fresh or frozen blueberries
3 to 4 tablespoons orange-flavored liqueur or pineapple juice
½ teaspoon grated lemon peel
½ cup low-fat sour cream or vanilla yogurt
Ground cinnamon

1. Preheat oven to 400º F.
2. Spread both sides of bread with butter. Place on baking sheet
3. Mix 1 tablespoon sugar and cinnamon; sprinkle ¼ of mixture on each slice. Bake for 10 to 12 minutes or until toasted.
4. Combine cherries, pineapple, blueberries, remaining sugar, liqueur, and lemon peel; mix well. Spoon fruit mixture over each slice of cinnamon toast. Top with sour cream and sprinkle with cinnamon.

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Makes 4 servings

Cherry French Bread Pudding

Best Recipes – Home for the Holidays – Thanksgiving Classics (Lincolnwood, Illinois: Easy Home Cooking Publications, 2002), p. 63
Contributed by Diane Wolford Sheppard

2 cups low fat milk
2 tablespoons butter or margarine
3 eggs
¼ cup sugar
1 teaspoon cornstarch
1 teaspoon vanilla
¼ teaspoon salt
4 cups day-old French bread, cut in ¾ inch cubes
3 cups pitted fresh sweet Northwest cherries
Cinnamon sugar (recipe below)
1 carton (8 ounces) low-fat vanilla yogurt

1. Heat milk and butter but do not boil; remove from heat and set aside. Beat eggs, sugar, cornstarch, vanilla, and salt together. Gradually stir hot milk mixture into egg mixture constantly with a wire whisk.
2. Place bread cubes in medium bowl. Cover with hot egg mixture; let stand 30 minutes.
3. Preheat oven to 350º F. Spread cherries evenly over bottom of buttered 9-inch square pan and top with bread mixture. Sprinkle with Cinnamon Sugar. Bake for 30 to 40 minutes or until thin blade inserted near center comes out clean. Cool slightly. Serve topped with yogurt.
   Cinnamon Sugar: Mix 2 teaspoons sugar with generous dash of ground cinnamon.
   8 servings

Cherry Apple Crisp

Best Recipes – Home for the Holidays – Thanksgiving Classics (Lincolnwood, Illinois: Easy Home Cooking Publications, 2002), p. 67
Contributed by Diane Wolford Sheppard

1 can (16 ounces) pitted, dark, sweet cherries
¾ cup cornstarch
¾ cup granulated sugar
1 ½ quarts canned sliced apples, drained
2 teaspoons vanilla extract
1 tablespoon ground cinnamon
½ teaspoon salt

Topping:
4 cups quick-cooking rolled oats
2 cups all-purpose flour
2 cups brown sugar, packed
1 cup butter or margarine, softened

1. Drain cherries; reserve syrup. Mix reserved syrup, cornstarch, and sugar in saucepan; bring mixture to boil. Add cherries, apples, vanilla, cinnamon, and salt.
2. For topping, mix oars, flour, and brown sugar together. Add butter and mix until crumbly.

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3. Pour cherry mixture into 12x20x2 inch pan. Sprinkle topping over fruit.
4. Bake at 375º F 30 to 35 minutes or until top browns and fruit is hot.

Makes 24 servings

Easy Peach Crisp

Betty Crocker, *Crisps and Cobblers* (Minneapolis: General Mills, Inc., spring 2014), p. 26
Contributed by Diane Wolford Sheppard

5 cups frozen sliced peaches thawed and drained or 1 can (29 ounces) peach slices, drained
1 pouch Betty Crocker oatmeal cookie mix
½ cup cold butter

1. Heat oven to 375º F. In ungreased 8 inch square (2 quart) glass baking dish, place peaches.
2. In medium bowl, place cookie mix. Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until crumbly. Spread evenly over peaches.
3. Bake 25 to 30 minutes or until fillings is bubbly and topping is golden brown. Serve warm.

Serves 6

Raspberry Bars

Betty Crocker: http://www.bettycrocker.com/recipes/raspberry-bars/9dba1bf8-e7fe-4e79-9a9e-b5373ed2dbff?nicam2=Email&nichn2=Core&niseg2=BC&nicreatID2=BC_08_07_2014
Contributed by Diane Wolford Sheppard

2 cups Original Bisquick mix
1 cup quick-cooking oats
¾ cup packed brown sugar
½ cup butter or margarine
1 cup raspberry spreadable fruit, jam, or preserves

1. Heat oven to 400º F. Grease square pan, 9x9x2 inches. Mix Bisquick mix, oats, and brown sugar in large bowl. Cut in butter, using fork or pastry blender, until mixture is crumbly.
2. Press half of the crumbly mixture in pan. Spread fruit over crumbly mixture to within ¼ inch of edges. Top with remaining crumbly mixture; press gently into fruit.
3. Bake 25 to 30 minutes or until light brown; cool. For 24 bars, cut into 6 rows by 4 rows.

Chocolate Raspberry Cobbler

Betty Crocker, *Crisps and Cobblers* (Minneapolis: General Mills, Inc., spring 2014), p. 8
Contributed by Diane Wolford Sheppard

1 can (21 oz.) raspberry pie filling
1 pouch Betty Crocker double chocolate chunk cookie mix
¾ cup butter or margarine melted

1. Heat oven to 350º F. Spray 11x7 inch (2 quart) glass baking dish with cooking spray.
2. Spread pie filling in baking dish. Sprinkle cookie mix over pie filling. Pour melted butter evenly over cookie mix; using small metal spatula gently spread butter over chocolate mix just to cover.
3. Bake 28 to 30 minutes or until topping is set. Cool 15 minutes and serve warm, or serve at room temperature. Serve with ice cream.

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Serves 8

Chocolate Strawberry Crumble

Betty Crocker, *Crisps and Cobblers* (Minneapolis: General Mills, Inc., spring 2014), p. 48
Contributed by Diane Wolford Sheppard

2 cans (21 oz. each) of strawberry pie filling
1 box (10 oz.) frozen strawberries in syrup, thawed
1 box Betty Crocker Super Moist devil's food cake mix
2/3 cup butter or margarine, softened
½ cup chopped walnuts
Vanilla ice cream, if desired

1. Heat oven to 350º (325º for dark or nonstick pan). In ungreased 13x9 inch pan gently stir together pie filling and strawberries.
2. In large bowl, beat cake mix and butter with electric mixer on low speed until crumbly about 1 to 2 minutes. Crumble over fruit mixture. Sprinkle with walnuts.
3. Bake 40 to 45 minutes or until bubbly around edges and top is set. Cool on cooling rack at least 30 minutes.
4. Spoon into bowls, serve warm with ice cream. Store leftovers loosely covered in refrigerator.

Serves 16

For mixed-berry crumble, use I can of raspberry pie filling in place of 1 can of strawberry filling. You can also substitute yellow cake mix for the devil's food.

Triple Berry Cookie Crumble

Betty Crocker, *Crisps and Cobblers* (Minneapolis: General Mills, Inc., spring 2014), p. 52
Contributed by Diane Wolford Sheppard

1 pouch Betty Crocker sugar cooking mix
½ cup sugar
2 cups sliced fresh strawberries
2 cups fresh blackberries
2 cups fresh blueberries
1 teaspoon ground cinnamon
6 tablespoons cold butter or margarine

1. Heat oven to 350º F. Spray 9-inch round (2 quart) glass baking dish with cooking spray.
2. In small bowl, stir together ½ cup of the cookie mix and the sugar. In large bowl, toss strawberries, blackberries, and blueberries. Sprinkle with cookie mix-sugar mixture; toss gently until berries are well coated. Spoon mixture into baking dish.
3. In medium bowl, stir remaining cookie mix and the cinnamon. Cut in butter, using pastry blender or fork, until crumbly. Sprinkle evenly over fruit mixture.
4. Bake 35 to 40 minutes or until topping is golden brown and filling is bubbly. Serve warm.

Serves 8