

SATURDAY MARKET

Blueberry Salad (diabetic recipe)

Submitted by The Happy Berry

Ingredients:

2 cups blueberries

½ cup pecans, chopped

2 apples, diced

½ cup diet mayonnaise

1 can unsweetened pineapple

*Shopping Tip: Always buy your blueberries and apples, if available, fresh at the Saturday Market!

Directions:

Mix by tossing together. Serve on lettuce leaf. Garnish with whole blueberries.

For more blueberry recipes, visit www.thehappyberry.com