



Wild Blueberry Pumpkin Basket

Ingredients:

2 tsp (10 ml) butter, melted
4 sheets spring roll wrappers (5 x 5 inches/12 cm x 12 cm)
1 cup (250 ml) diced pumpkin or butternut squash
2 tsp (10 ml) canola oil
1/2 cup (125 ml) apple juice
1 vanilla bean
Pinch ground cardamom
Pinch red pepper
1 1/4 cups (300 ml) frozen wild blueberries
Salt
Fresh lemon thyme



Brush some of the butter into 4 muffin tins. Brush remaining butter over spring roll wrappers. Place one wrapper in each buttered muffin tin. Bake in 425 F (220 C) oven for about 5 minutes or until golden.

In skillet, heat oil over medium heat and cook pumpkin for 10 minutes, adding apple juice 2 tbsp (25 ml) at a time.

Cut vanilla bean in half lengthwise and scrape out seeds. Add to pumpkin. Add cardamom and red pepper, stirring to combine. Add wild blueberries and salt to taste and cook, stirring until wild blueberries are cooked through. Divide mixture into baked spring roll wrappers. Garnish with lemon thyme before serving.

Serves: 4

Preparation Time: 10 minute

Cook Time: 20 minutes

About the Wild Blueberry Association of North America

The Wild Blueberry Association of North America (WBANA) is an international trade association of growers and processors of wild blueberries from Quebec, New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Maine, dedicated to bringing the wild blueberry health story and unique wild advantages to consumers and the trade worldwide. For news, recipes, and related health information about wild blueberries visit www.wildblueberryassociation.ca or www.wildblueberries.com. For the latest updates, read our [blog](#). Visit us on [Facebook](#), [Twitter](#), or [Instagram](#).

Recipe to be used in association with or credited to the Wild Blueberry Association of North America (www.wildblueberryassociation.ca / www.wildblueberries.com)

For more information, recipes, visuals or to schedule an interview with a spokesperson from the Wild Blueberry Association of North America, please contact Ruth colapinto or Susan Willemsen at The Siren Group Inc. Tel: 416-461-5270. E-mail: ruth@thesirengroup.com, www.thesirengroup.com, or on Twitter and Instagram [@thesirengroup](https://www.instagram.com/thesirengroup).