

Blueberries 3 ways: BBQ sauce, rustic crostata, and baby-led weaning quinoa muffins.  Forwarded this? Subscribe below to get more delicious updates sent straight to you!

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Blueberries gone wild! Bold BBQ sauce, a rustic dessert, and quinoa mini muffins even the tiniest foodies will love.

Hi ,

Summer is in full swing—and so is berry season! I'm savoring every juicy, antioxidant-packed bite. This month at *PLANTifull Fare*, I am serving up a little berry saucy, little berry sweet, and a whole lot of plant-based fun.

So grab your berries, your favorite apron, and a little bourbon (optional but encouraged), and let's savor this sunny season, one wholesome bite at a time.

Recipes

Blueberry Bourbon Barbecue Sauce and Italian Rustic Blueberry Crostata

If you are looking for a fun fruity twist on grilled veggies, make my [Blueberry Bourbon Barbecue Sauce](#). This BBQ sauce will surely take your grilled summer veggies to the next level. Molasses is the secret weapon you didn't know you needed. It's rich, sticky, tangy, and just sweet enough—with a tiny little kick from bourbon and the bold depth of balsamic vinegar.

I usually pass on dessert invitations and don't keep many sweets around. But when I do indulge, a slice of pie really hits the spot. My [WFPB Italian Rustic Blueberry Crostata](#) is just that. This old-world treat—common in Central and Southern Italy—is made with rustic simplicity. It's low in sugar, gluten-free, and light on calories. It's perfect for using up fresh blueberries past their prime, though equally delicious with blackberries or a mix of berries.



Blueberry Bourbon Barbecue Sauce



Italian Rustic Blueberry Crostata



Little Sprouts

Baby-led Weaning Berry Quinoa Mini Muffins

I've been wanting to introduce quinoa into my grandbabies' meals, and these soft, naturally sweet [Berry Quinoa Mini Muffins](#) turned out to be a total hit! Packed with plant-based protein and iron from the quinoa and bursting with antioxidants from berries, they're the perfect nutritious little bites for growing bodies.

Baby-led weaning feeding wasn't a thing back in my day—just like tummy time. I am just saying... (Did I just say that out loud?) Well, I am embracing it fully these days. Watching these sweet little grandbabies explore food on their own terms is equal parts adorable and messy. But with a batch of these muffins ready to go, I feel good knowing they're getting wholesome, whole-food nourishment in every bite. Try them with your own little sprout. The [recipe](#) is simple, freezable, and loved by grown-ups, too!

Until Next Thyme...

Thanks for spending a little slice of your summer with me here at *PLANTifull Fare!* Whether you're grilling up veggies with a fruity twist, baking rustic treats, or sharing nutrient-packed muffins with your littlest foodies, I hope these recipes bring joy, flavor, and a little extra nourishment to your table.

As always, I love hearing from you! Tried one of these recipes? Have a favorite berry combo or baby-led win? Hit reply and let me know—I'm all ears (and berries 🍷🍷).

With love and blueberries,
~ Donna

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Whole Food Plant-Based Salad Dressings

Health Goal Rechargers vs Depleters Worksheet



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