

## A Taste of Nova Scotia: Blueberry Grunt

If Nova Scotia had an official dessert, it might just be Blueberry Grunt. This timeless combination of wild blueberries and crumbly biscuits makes for a crowd-pleasing treat that doesn't have you running around town for obscure ingredients. Serve with a generous dollop (or two) of ice cream and enjoy!

This classic Nova Scotia dessert comes together quickly and easily and can even be made over a campfire.

### Ingredients

- Berries:
- 4 cups blueberries (frozen or fresh)
- 1 cup sugar
- ½ cup water
- ½ teaspoon lemon juice
- ½ tsp cinnamon

### Grunt:

- 2 cups flour
- ¼ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 tablespoons butter
- 1 cup milk

Optional Fresh thyme (garnish)

### Instructions

1. In a medium pan, combine the berries, sugar, and water. Bring to a boil and then reduce to a simmer until the berries have gotten jammy. Remove from heat, add the cinnamon and lemon juice and set aside.
2. Combine the flour, sugar, baking powder and salt in a bowl. Cut in the butter then add the milk and combine until just mixed- do not over mix.
3. Roll flour mixture into balls and drop them into the berry mixture. Place the pan on medium heat, cover and simmer for 15 minutes. Do not lift the lid- the biscuit topping is steaming itself in the berry juices.

Recipe Tip: top with fresh thyme leaves. Serve warm with cream or ice cream.

