

TAKE TWO

Blueberry Scone & Blueberry Muffin

It's smart to reach for the blueberry variety of your favorite bakery breakfast. Blueberries contain anthocyanins, antioxidants that have been linked to a range of cognitive-function benefits. As long as it's reasonably sized, a typical muffin contains less fat than a similarly sized scone. Scones require extra butter, flour, and sugar to achieve their appealing density. For terrific home-baked options with less than half the fat, visit CookingLight.com.

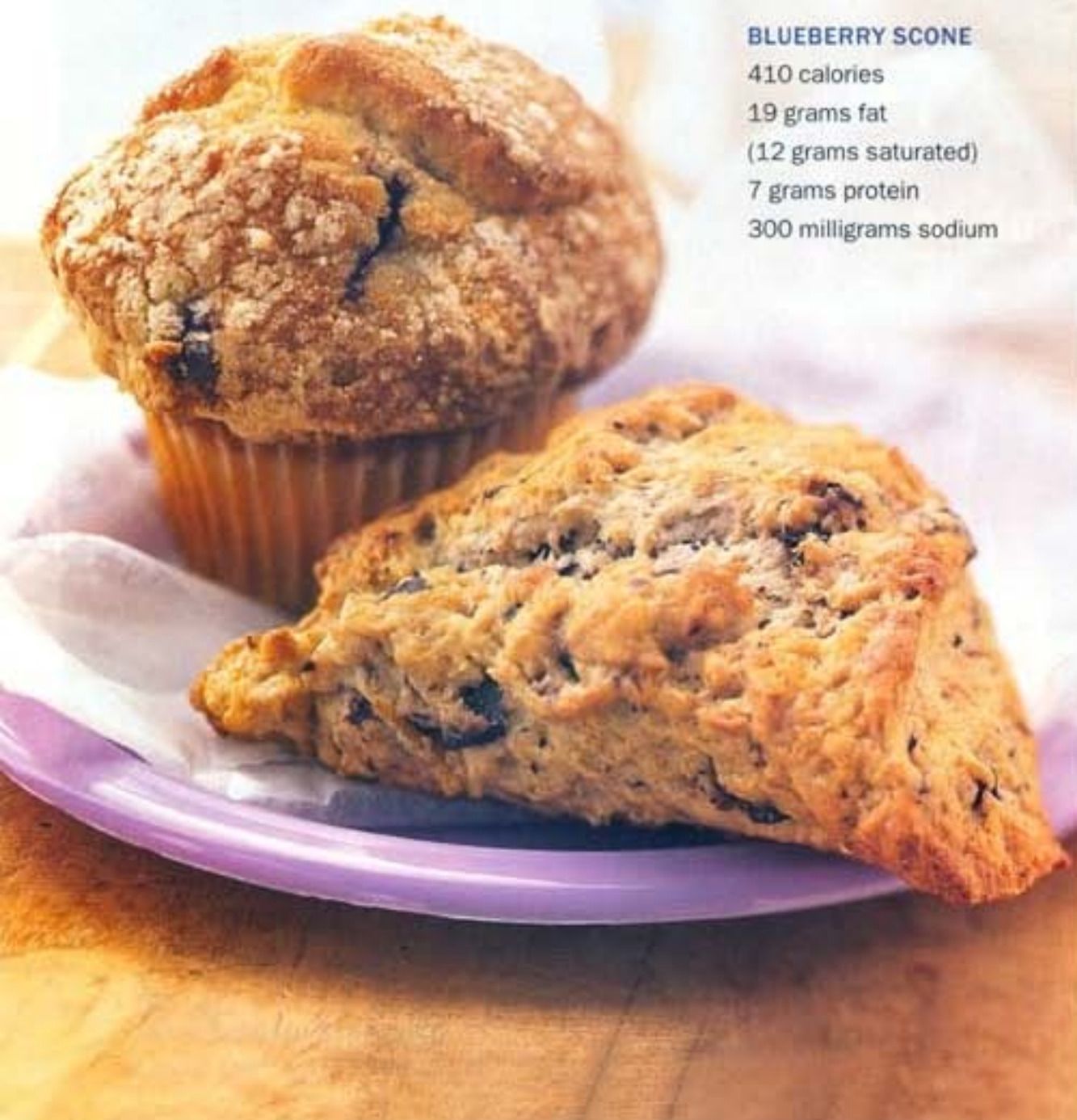
—Kathy Kitchens Downie, R.D.

BLUEBERRY MUFFIN

320 calories
7 grams fat
(1.5 grams saturated)
9 grams protein
380 milligrams sodium

BLUEBERRY SCONE

410 calories
19 grams fat
(12 grams saturated)
7 grams protein
300 milligrams sodium



SWEET TREATS

Florida-based confectioner **Norman Love** transforms fruit, liqueur, and spices into gorgeous, hand-colored shells surrounding some of the most luscious chocolate truffles our Test Kitchens tasters have sampled. Among the 30 flavors, our favorites included strawberry, *gianduja* (a hazelnut and milk chocolate truffle), and a transcendent *pot de crème*. Assorted boxes are available in 10- to 36-piece sizes. (\$22–\$63.50; 239-561-7215 or www.normanloveconfections.com)



ASK CHEF BILLY

Frozen Fish Tricks

Q: Is there a way to make frozen fish taste fresh? —Josephine Dillon, Canton, MS

A: How the fish is packaged can have an effect on flavor. Look for brands with individually frozen fillets in airtight packets. Freezing unwrapped fish together can cause freezer burn. Plus, the fish adhere to one another—not ideal when defrosting just one or two fillets. When you're ready to prepare, defrost fish in the refrigerator, then pat dry with a paper towel to remove excess moisture, which may carry scents from your freezer. —Cooking Light

Executive Chef Billy Strykowski

Have a question for Chef Billy? Send it to ask_chef_billy@timeinc.com. If we choose your query, you'll find the answer in a future version of this column and receive a Cooking Light T-shirt.