Blueberry Basics

Shop and Save

- Choose blueberries that are firm, dry, plump and smooth-skinned. Color should be deep purple-blue to blue-black.
- Blueberries do not ripen after picking.
- Avoid soft, shriveled or moldy fruit.
- Fresh blueberries are available year round but might be the highest quality and lowest price when available locally. Peak season is July to September. Try farm stands or pick your own at a u-pick farm.
- Frozen blueberries may be a cheaper option when the local season has passed. It is very easy to freeze your own.

Blueberries are an excellent source of vitamin C, which promotes a healthy immune system.

Freeze Blueberries

1. Sort and rinse the berries.
2. Allow to air dry or pat gently with paper towels to remove surface moisture.
3. Spread in a single layer on flat pans or baking sheets. Freeze until firm.
4. Package frozen berries in freezer containers or freezer bags. Remove extra air. Label and date each package and return to the freezer.

Blueberry Math

1 pint = ¾ pound (12 ounces) = 2 cups
10 ounces frozen = 1½ cups

Store Well Waste Less

- Sort and remove moldy, soft or shriveled berries before storage.
- Refrigerate fresh blueberries in a covered, shallow container with holes for air movement. Use within 10 days for best quality.
- Rinse under cool running water just before using or eating.
- Use frozen blueberries within 10 months for best quality. If frozen berries have thawed, refrigerate and use within 3 days.

Frozen blueberries make a great snack!
**Super Sundae**

**Ingredients:**
- 1 cup low-fat vanilla yogurt
- ⅔ cup chopped peaches, fresh, frozen or canned/drained
- ⅔ cup blueberries, fresh or frozen
- 2 Tablespoons granola

**Directions:**
1. Divide yogurt between 2 glasses or dishes.
2. Spoon half of the peaches and blueberries on top of yogurt in each glass.
3. Sprinkle each sundae with granola.
4. Refrigerate leftovers within 2 hours.

**Makes** 2 cups  
**Prep time:** 10 minutes

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**Blueberry Bling**

**Ingredients:**
- 3 cups blueberries, fresh or frozen
- 2 teaspoons margarine or butter, softened
- 1 Tablespoon all-purpose flour
- 1 Tablespoon brown sugar
- ½ cup rolled oats
- ½ teaspoon cinnamon

**Directions:**
1. Preheat oven to 375 degrees F.
2. Place blueberries in a 9-inch pie plate or baking dish.
3. In a small bowl, use a fork to mix margarine, flour, sugar, oats and cinnamon.
4. Sprinkle oat mixture over blueberries.
5. Bake for 25 to 30 minutes. Enjoy warm!
6. Refrigerate leftovers within 2 hours.

**Makes** 2 cups  
**Prep time:** 5 minutes  
**Cook time:** 25 – 30 minutes

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**Whole Wheat Blueberry Muffins**

**Ingredients:**
- 1½ cups whole wheat flour
- ¾ cup sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- ⅓ cup vegetable oil
- 1 egg, slightly beaten
- ⅓ cup nonfat or 1% milk
- ½ cup unsweetened applesauce
- 2 cups blueberries, fresh or frozen

**Directions:**
1. Preheat oven to 400 degrees F. Lightly coat the bottoms of 12 muffin cups with oil or baking spray.
2. Mix the flour, sugar, salt and baking powder in a large bowl.
3. In a separate bowl, blend vegetable oil, egg, milk and applesauce until smooth. Stir the liquid ingredients into the flour mixture until just moistened. Lightly stir in the blueberries.
4. Fill each muffin cup about ¾ full.
5. Bake about 20 minutes or until the tops are golden brown.

**Note:** This recipe can use all-purpose flour or a mix of all-purpose and whole wheat. To bake as a loaf, use an 8 or 9-inch bread pan and bake at 350 degrees F for 45 to 50 minutes.

**Makes** 12 muffins  
**Prep time:** 15 minutes  
**Cook time:** 20 minutes

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**Kids Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:
- rinse blueberries under cool running water.
- lightly beat an egg.
- sprinkle toppings on crisps or sundaes.