



Blueberries

Nature's Perfect Snack!



Nutritional Benefit:

- 1 cup of blueberries has only 80 calories and provides 3 grams of fiber.
- Blueberries are an excellent source of manganese and vitamin C.

How to Pick, Store, & Prepare:

- Store unwashed in original container in the refrigerator for 5-7 days.
- Promptly remove soft berries from container to reduce spoilage.
- Rinse under cold water, just before consumption.
- To freeze fresh blueberries, place a single layer of dry berries on a cookie sheet in the freezer. Once frozen, store in a sealed plastic bag for up to 6 months.

How to Increase Consumption:

- Add blueberries to pancake batters, yogurts and smoothies.
- Combine blueberries with other sliced fruits for a delicious fruit salad.
- Top salads with dried blueberries for a fruity twist.
- Keep plain blueberries readily available for a quick and tasty snack.



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Blueberry Recipe

Triple Berry Aspic

Serves 6 (about 1/2 cup)

- 2 1/2 (.25 oz.) pkgs. unflavored gelatin
- 1 1/4 cups water
- 3/4 cup frozen white grape juice concentrate
- 3/4 cup fresh raspberries*
- 3/4 cup fresh blueberries*
- 3/4 cup fresh blackberries*
- 1/4 cup sugar or sugar substitute
- Berry sauce for topping



In a bowl, mix berries with sugar; let stand about 15 minutes until berries become juicy. Meanwhile, pour the water into a medium saucepan and sprinkle the gelatin over the water. Let stand 1 minute. Bring the mixture to boiling, stirring constantly until gelatin dissolves. Remove from heat; stir in frozen juice concentrate until melted. Gently stir in berries. Lightly spray the inside of a gelatin mold or individual ramekins with cooking spray. Ladle the fruit mixture into the mold and place into the refrigerator. Cover and chill until firm.

*you can use any combination of fresh berries in this recipe

Per 1/2 cup-serving : 90 calories, 0 g fat, 4 g protein, 20 g carbohydrate, 2 g fiber, 25 mg sodium

This recipe is a Foot Steps to Health Recipe and 500 Club Approved

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>