



Blackberries

“The Largest in the Wild!”



Nutrition Tips to Increase Blackberry Consumption

- Add sliced berries to a mixed greens salad.
- Make your own breakfast topping. Mix chopped berries with cinnamon, lemon juice, maple syrup and serve on top of waffles and pancakes.
- For a light dessert, top angel food cake with sliced blackberries and whipped topping.
- Kick up your PB & J. For a chunky twist, add a layer of sliced berries.
- Keep a bowl of pre-sliced fruit, including berries, at eye level in the refrigerator.
- For a healthy dessert, top frozen yogurt with sliced blackberries and strawberries.

Nutrition Food Activities for Children

- Find a local farm that has berry picking for the public and take your kids to “pick their own!”
- Encourage your children to help make blackberry jam.
- Play I Spy at the farmers market or the grocery store. Begin by saying, “I spy some blackberries.” Whoever can spot some grapes first is the winner. Keep playing by spying other fruits and vegetables at the farmers market or grocery store.
- Set up a berry taste test. Compare size, shape, color and taste.

Blackberry Breakfast Bars

Serves 18

Ingredients:

1 cup flour
1 cup quick-cooking rolled oats
2/3 cup packed brown sugar
3/4 tsp. ground cinnamon, divided
1/8 tsp. baking soda
1/2 cup butter, melted
2 cups blackberries
2 Tbsp. sugar
2 Tbsp. water
1 Tbsp. lemon juice



Directions:

1. Preheat oven to 350 degrees. In a mixing bowl stir together flour, oats, brown sugar, 1/4 teaspoon cinnamon, and baking soda. Stir in melted butter until thoroughly combined. Set aside 1 cup of the oat mixture for topping. Press remaining oat mixture into an ungreased 9x9x2" pan. Bake for 20-25 minutes.
2. In a medium saucepan combine berries, sugar, water, lemon juice and 1/2 teaspoon cinnamon. Bring to a boil. Reduce heat and simmer, uncovered, for about 8 minutes or until slightly thickened, stirring frequently.
3. Carefully spread filling on top of baked crust. Sprinkle with reserved oat mixture. Lightly press oat mixture into filling.
4. Bake for an additional 20-25 minute or until topping is brown.
5. Cool in pan on a wire rack. Cut into bars.

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

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

Blackberries



Eat More Fruits and Vegetables!

Foot  **Steps**
to  **Health**
