

Blueberries



Key Points

- ▶ Excellent source of vitamin C, thiamin, riboflavin, and vitamin K. Also a good source of folate and fiber.
- ▶ Choose firm, plump, dry blueberries with a dusty blue color that are uniform in size.
- ▶ Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- ▶ Refrigerate for up to seven days. Wash just before using.

Blueberry Blend Pudding

Number of servings: 4

Ingredients:

- 1 cup cottage cheese
- 2 cups low-fat plain yogurt
- 2 tablespoons sugar
- 3 tablespoons lemon juice
- 2 cups blueberries

Directions:

- ▶ Put all ingredients together in a bowl or blender. Blend or mix well.
- ▶ Chill. Serve in cups.

Per serving: 190 calories; 3 g fat (2 g saturated fat); 14 g protein; 28 g carbohydrate; 2 g dietary fiber; 12 mg cholesterol; 314 mg sodium.

French Toast With Fruit Sauce

Number of servings: 8

Ingredients:

- 1 cup skim milk
- 4 large eggs, beaten
- ½ teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- 8 slices whole-wheat bread
- 1 pint blueberries
- ⅓ cup maple syrup
- dash cinnamon

Directions:

- ▶ In a small baking or casserole dish, add milk, eggs, vanilla, and cinnamon. Beat with fork until mixed well.
- ▶ Dip one slice of bread at a time in the egg mixture to coat both sides.
- ▶ Place in medium-hot nonstick skillet. Brown each side, about 2 minutes or more. Remove from skillet.
- ▶ In a small bowl, add blueberries, syrup, and cinnamon. Mix well.
- ▶ Microwave for 30 seconds until warm. Stir.
- ▶ Spoon immediately over French toast.

Per serving: 177 calories; 5 g fat (1 g saturated fat); 7 g protein; 27 g carbohydrate; 3 g dietary fiber; 107 mg cholesterol; 217 mg sodium.

Quick Tips

- ▶ Add some blueberries to a bran muffin mix. Bake and enjoy!
- ▶ Set a good example for children by offering fruit, such as blueberries, at each meal and snack.
- ▶ Wash thoroughly with running water before peeling, cutting, or eating. Do not wash produce until ready to eat.
- ▶ Make fruit kabobs by stacking blueberries, kiwi slices, and strawberries on toothpicks.

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