



# TASTE OF THE SEASON...

# B L U E B E R R Y

## Fun Facts

- Blueberries were once called “star berries.” That’s because of the star-shaped formation on their skin left from the flower that formed the fruit.
- Blueberries have more antioxidants than most other fruits and vegetables.
- Blueberries are a good source of vitamin C and vitamin K.
- Early American colonists made grey paint by boiling blueberries in milk.
- Fresh blueberries are nature’s convenience food. They need no peeling, hulling, or pitting.
- If all the blueberries grown in North America in one year were spread out in a single layer, they would cover a four-lane highway that stretched from New York to Chicago.

## Storage Tips:

Fresh blueberries can easily be stored in a refrigerator for up to two weeks.

## Nutrition Facts

Serving Size 1 cup (148 g)

Amount Per Serving	
Calories 84	Calories from Fat 4
% Daily Value*	
<b>Total Fat</b> 0g	1%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1mg	0%
<b>Total Carbohydrate</b> 21g	7%
Dietary Fiber 4g	14%
Sugars 15g	
<b>Protein</b> 1g	
Vitamin A 2%	Vitamin C 24%
Calcium 1%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

© www.NutritionData.com

## Blueberry Crumb Cake Yield – 48 servings

- 2 boxes Basic Muffin Mix  
 5 lb Blueberries, frozen  
 1 lb + 2 oz Quick Oats  
 1 lb + 7 oz Flour  
 1 lb + 14 oz Brown Sugar  
 3 tablespoon cinnamon  
 2 lb Smart Balance Buttery Spread  
 1 teaspoon salt
1. Preheat oven to 350 degrees F. Spray sheet cake pan with pan spray and set aside.
  2. Prepare basic muffin mix according to package directions. Fold in blueberries. Spread into sheet pan.
  3. To make crumb topping: In separate mixing bowl add margarine and mix until smooth. Add flour, oats, brown sugar, salt and cinnamon. Mix until it is a crumbly topping.
  4. Sprinkle crumb topping mixture over top of sheet pan.
  5. Bake for 30 minutes.
  6. Cut each sheet pan 6 x 8 to make 48 servings.

**DID YOU KNOW?** Blueberry Muffins are the official muffin for Minnesota!!



## Purchasing Blueberries:

Select plump, full blueberries with a light gray-blue color. A berry with any hint of red isn’t fully ripened, and once picked, blueberries won’t ripen any further.

## A few quick serving ideas—

- ❖ Toss blueberries into your favorite cereal, pancakes, breakfast breads and waffles.
- ❖ Make a blueberry blender drink with non-fat yogurt.
- ❖ Drop frozen blueberries in sparkling water for a refreshing drink.
- ❖ Use blueberries as a topping on angel food cake, or spoon over low-fat ice cream or frozen yogurt.



Eating '5 to 9 a Day' can be a simple lifestyle change with big benefits to your health.

