

berries

strawberries, raspberries, blueberries

select

Choose strawberries that are bright red. Choose plump blueberries with a dusty blue color. Choose plump, firm raspberries. Avoid mushy, shriveled or wet berries.

store

Do not wash strawberries or raspberries until ready to eat. Store berries in the refrigerator. Use strawberries within 1 to 3 days. Use blueberries within 10 to 14 days. Use raspberries within 1 to 2 days.

prepare

Rinse berries under running tap water before eating. **1 pint = 2 cups berries**



fruit salad

- 2 cups sliced strawberries
- 1 cup blueberries
- 1 cup grapes
- 1 (8 ounce) can pineapple chunks
- 6 ounces lemon yogurt

step 1 Drain juice from pineapple. Cut grapes and strawberries into halves.

step 2 Combine strawberries, blueberries, grapes and pineapple chunks in a large bowl.

step 3 Drizzle yogurt over fruit. Toss lightly to coat.

Makes 5 servings - One serving (1 cup) has 113 calories, 0 gms fat, 22 mg sodium and 2.6 gms fiber.

yogurt berries

- step 1** Dip fresh blueberries, raspberries or strawberries in vanilla flavored yogurt.
- step 2** Place yogurt berries on wax paper.
- step 3** Freeze until the yogurt is frozen. Serve cold.

enjoy berries at breakfast!

- Top a bowl of cereal with sliced strawberries, blueberries or raspberries.
- Make berry pancakes. Toss a few berries into your pancake batter.

berry parfait

- step 1** Start with bite size pieces of angel food cake or granola in a glass.
- step 2** Spoon low fat flavored yogurt or pudding on cake.
- step 3** Top with fresh berries.



add blueberries, strawberries or raspberries to your lettuce salad or spinach salad. They add a delicious sweet taste!