 summers

berries

Enjoy strawberries, blueberries and raspberries in breakfast muffins, snacks, smoothies, pancakes, salads and more!

**choose**
Select firm, plump berries. Choose bright red strawberries and dusty blue blueberries. Avoid shriveled, mushy, moldy or wet berries.

12 ounces = 1 pint strawberries, blueberries or raspberries.

**blueberry muffins**

1 1/2 cups flour
1/2 cup sugar
1/2 teaspoon salt
2 teaspoons baking powder
1/4 cup vegetable oil
1 egg
1/2 cup milk
1 cup fresh or frozen blueberries

**Step 1** Preheat the oven to 400°. Line the muffin pan with muffin liners.

**Step 2** Combine the flour, sugar, salt and baking powder in a bowl.

**Step 3** Add the oil, egg and milk to the dry ingredients. Stir together.

**Step 4** Stir in the blueberries. Fill the muffin cups to the top.

**Step 5** Bake for 20 to 25 minutes.

Makes 9 muffins - One serving (1 muffin) has 162 calories, 6.5 gm fat, 514 mg sodium and 1 gm fiber.

**store**
Store blueberries in the refrigerator for 10 to 14 days. Store strawberries in the refrigerator for 1 to 3 days. Store raspberries in the refrigerator for 1 to 2 days.

**prepare**
Rinse berries with water before eating or using in a recipe.

2 cups = 1 pint berries

**Top a lettuce salad** with blueberries, raspberries or sliced strawberries.

**Mix fresh or frozen berries into pancake batter.** Cook pancakes and eat.

**Berries are a great source of**

\[\text{Vitamin C, folate, fiber and antioxidants.} \]

\[\text{Snack on sweet berries often!} \]
fruit bowl combos
Make an easy salad for lunch:
- raspberries and chopped kiwi
- strawberry slices and blueberries
- watermelon chunks and blueberries
- peach slices and raspberries
Add a spoonful of yogurt.
Sprinkle with granola or shredded coconut.

blueberry sorbet
2 cups fresh or frozen blueberries
3 (6 ounce) containers nonfat lemon yogurt

Step 1 Blend the blueberries and yogurt together in a blender.
Step 2 Pour into a plastic container.
Cover and freeze for 4 hours.
Step 3 Remove from the freezer and scoop out.

berry smoothies
Use frozen berries, a frozen banana or 1/2 cup crushed ice when blending. The frozen fruit or ice will make your smoothie thick and slushy.

Blueberry Smoothie -
Blend 1 cup blueberries, 1 cup nonfat yogurt and 1 banana together.

Raspberry Smoothie -
Blend 1 cup raspberries, 1/2 orange juice and 1 cup nonfat yogurt together.

berry ice cubes
Step 1 Fill ice cube trays 1/2 full with sliced strawberries, blueberries or raspberries.
Step 2 Cover berries with apple juice or water. Freeze.
Serve ice cubes in a glass of water.

snack
- Eat fresh berries - rinse and eat.
- Kabob with cheese slices and fruit.
- Make a slushy - blend 1 cup berries with 1 cup apple juice, freeze and eat with a spoon.

berries & dip
Stir together 1 cup low fat vanilla yogurt, 2 tablespoons peanut butter and 1/8 teaspoon ground cinnamon for a yummy dip!

berry crackers
Spread peanut butter on a cracker. Top with a strawberry slice, raspberry or couple blueberries.

add more
- Top breakfast cereal with blueberries or strawberry slices.
- Add raspberries to lemonade or ice tea.
- Top yogurt, rice pudding or tapioca with fresh berries.
- Serve cottage cheese with strawberries.
- Top a peanut butter sandwich with sliced strawberries.

freeze
How to freeze berries:
Step 1 Sort berries and throw away any damaged berries.
Step 2 Rinse berries in cold water and drain well. Do not soak berries.
Step 3 Place berries on a baking sheet in a single layer. Place in the freezer and freeze for 2 hours.
Step 4 When berries are frozen, pack them into freezer bags. Store berries in a freezer at 0°F for 4 to 6 months.

Tip: Use frozen berries when making berry sorbet, muffins, pancakes and smoothies.