

let's eat...family meals

summer 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



- 1½ cups flour
- ½ cup sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- ¼ cup vegetable oil
- 1 egg
- ½ 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 192 calories, 6.5 gm fat, 514 mg sodium and 1 gm fiber.

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



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



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

1 cup whole strawberries	
Calories 46 (144g)	
Dietary Fiber (3g) 12%	Iron 3%
Vitamin A 0%	Vitamin C 141%
Potassium 6%	Folate 9%

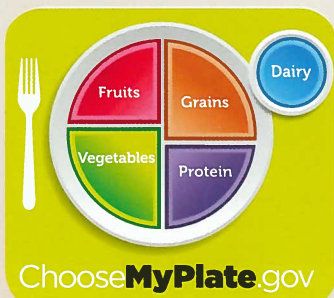
*Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2000 calorie diet. Your daily values may be higher or lower based on your individual needs.

1 cup blueberries	
Calories 84 (148g)	
Dietary Fiber (4g) 14%	Iron 2%
Vitamin A 2%	Vitamin C 24%
Potassium 3%	Folate 2%

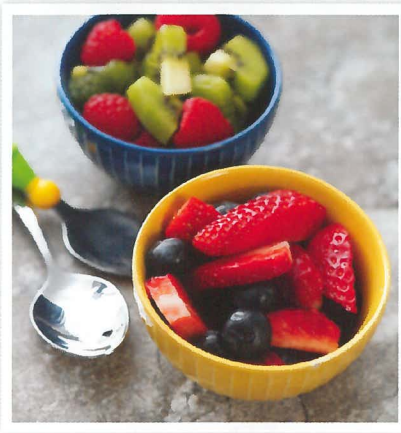
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1 cup raspberries	
Calories 64 (123g)	
Dietary Fiber (8g) 32%	Iron 5%
Vitamin A 1%	Vitamin C 54%
Potassium 5%	Folate 6%

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Berries are a great source of Vitamin C, folate, fiber and antioxidants. 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.

Makes 4 servings - One serving (1 cup) has 82 calories, 0 gm fat, 72 mg sodium and 2 gm fiber.



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.



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.



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.