

Blueberries

Key Points

- For the best buy, choose fresh blueberries that are firm and not wrinkled.
- To prepare fresh blueberries, rinse and remove the stems.
- To store fresh blueberries, refrigerate for up to 3 days.
- Blueberries contain vitamin A, which is good for healthy eyes and skin.



Blueberry Bread

Ingredients:

- 1 3/4 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1/3 cup canola oil or vegetable oil
- 2/3 cup sugar
- 2 eggs
- 2 bananas, peeled and mashed
- 2 1/2 cups blueberries

Directions:

1. Preheat oven to 350°F.
2. In small bowl, mix flour, baking powder, salt and baking soda.
3. In large bowl, mix oil and sugar. Add eggs and mashed bananas. Mix well.
4. Add the flour mixture into large bowl (margarine mixture). Mix well.
5. Mix blueberries into large bowl.
6. Pour into greased loaf pan.
7. Bake 1 hour, or until toothpick poked in the center comes out clean. Enjoy!

Makes 8 servings.

Blueberry Sauce

Ingredients:

- 2 tablespoons sugar
- 2 tablespoons cornstarch
- 2 1/2 cups blueberries
- 4 tablespoons orange juice

Directions:

1. In a small pot, stir together sugar and cornstarch. Stir in 1/2 cup water. Add blueberries.
2. Cook over medium heat until thickened and bubbly, about 5 to 8 minutes. Stir often.
3. Cook and stir constantly for 2 more minutes.
4. Remove pot from heat. Stir in orange juice.
5. Serve warm over angel food cake, pancakes, ice cream or yogurt. Enjoy!
6. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- Sprinkle on breakfast cereal, yogurt or ice cream.
- Add blueberries to pancake and muffin batters.
- Place fresh blueberries in a bag for a quick take-along snack!
- Remember to rinse all fruits and vegetables before using.

Just Say Yes to Fruits and Vegetables

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet., Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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The Nutrition Facts Label — What does it tell us?

Recipe Name:
Blueberry Bread

Recipe Name:
Blueberry Sauce

Nutrition Facts			Nutrition Facts	
Serving Size (143g) Servings Per Container		1. Start with the serving size.	Serving Size (118g) Servings Per Container	
Amount Per Serving			Amount Per Serving	
Calories 320	Calories from Fat 90	2. Check calories.	Calories 100	Calories from Fat 5
% Daily Value*			% Daily Value*	
Total Fat 11g	17%	3. Limit these: - Total fat - Saturated fat - Trans fat - Cholesterol - Sodium	Total Fat 0g	0%
Saturated Fat 1.5g	8%		Saturated Fat 0g	0%
Trans Fat 0g			Trans Fat 0g	
Cholesterol 55mg	18%		Cholesterol 0mg	0%
Sodium 340mg	14%		Sodium 0mg	0%
Total Carbohydrate 52g	17%	4. Get enough of these: - Fiber - Vitamins A and C - Iron - Calcium	Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%		Dietary Fiber 2g	8%
Sugars 25g			Sugars 17g	
Protein 5g			Protein 1g	
Vitamin A 2%	• Vitamin C 10%		Vitamin A 2%	• Vitamin C 30%
Calcium 4%	• Iron 10%		Calcium 0%	• 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:			*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500			Calories: 2,000 2,500	
Total Fat	Less than 65g 80g		Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g		Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg		Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg		Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g		Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g		Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

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