

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 | | | |
|--|----------------------|------------------------|------------|
| Serving Size (143g) | | Servings Per Container | |
| Amount Per Serving | | | |
| Calories 320 | Calories from Fat 90 | | |
| | | % Daily Value* | |
| Total Fat 11g | | | 17% |
| Saturated Fat 1.5g | | | 8% |
| Trans Fat 0g | | | |
| Cholesterol 55mg | | | 18% |
| Sodium 340mg | | | 14% |
| Total Carbohydrate 52g | | | 17% |
| Dietary Fiber 3g | | | 12% |
| Sugars 25g | | | |
| Protein 5g | | | |
| Vitamin A 2% | • Vitamin C 10% | | |
| Calcium 4% | • Iron 10% | | |
| *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 |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |

1. Start with the serving size.

2. Check calories.

3. Limit these:
- Total fat
- Saturated fat
- Trans fat
- Cholesterol
- Sodium

4. Get enough of these:
- Fiber
- Vitamins A and C
- Iron
- Calcium

| Nutrition Facts | | | |
|--|---------------------|------------------------|-----------|
| Serving Size (118g) | | Servings Per Container | |
| Amount Per Serving | | | |
| Calories 100 | Calories from Fat 5 | | |
| | | % Daily Value* | |
| Total Fat 0g | | | 0% |
| Saturated Fat 0g | | | 0% |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | | 0% |
| Sodium 0mg | | | 0% |
| Total Carbohydrate 25g | | | 8% |
| Dietary Fiber 2g | | | 8% |
| Sugars 17g | | | |
| Protein 1g | | | |
| Vitamin A 2% | • Vitamin C 30% | | |
| 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: | | | |
| | Calories: | 2,000 | 2,500 |
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| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| 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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