



10 Tips



For Fresh and Frozen Blueberries

Keep your kitchen stocked and ready for anytime boosts of blue.

Blueberries are tasty, healthy and incredibly versatile. You can enjoy them at any time of day, from an early breakfast to a late-night snack, on their own or in a wide variety of sweet and savory recipes. Whatever your mood, you can find the perfect boost of blue!

With endless blueberry opportunities every day, the best way to stay ready is to keep your fridge and freezer stocked. Fresh and frozen blueberries are equally delicious and nutritious – and available year-round. When you have both on hand, you can always grab a boost.

Read on for ideas and tips to get the most out of your fresh and frozen blueberries!



Fresh and Frozen Blueberries: Equally Nutritious

Good source of fiber and manganese



1 = 80
cup = calories

VIRTUALLY NO FAT

Fresh Blueberries

A silvery bloom indicates freshness; refrigerate and rinse before use (within 10 days)

- 1 Enjoy straight from the fridge
- 2 Sprinkle on breakfast cereal
- 3 Pop onto a flatbread pizza
- 4 Fold into homemade snack bars
- 5 Mix with olive oil, balsamic vinegar for a salad dressing
- 6 Layer into a parfait
- 7 Puree for a tasty toddler treat
- 8 Slide onto a fruit kebab
- 9 Add to a salad for a refreshing pop
- 10 Mash up and use as “jelly” on a PBJ



Frozen Blueberries

Rinsed and flash-frozen directly from the farm; store in the freezer (use within 10 months)

- 1 Enjoy straight from the freezer
- 2 Bake into muffins and pies
- 3 Use as flavored cubes in water instead of ice
- 4 Boil and can into homemade jam
- 5 Dip into yogurt to create frozen bites
- 6 Roll into homemade fruit leather
- 7 Make smiley faces in your pancakes
- 8 Blend into a tangy barbecue sauce
- 9 Whip into smoothies
- 10 Blend with milk to make “nice” cream



Fresh and Frozen Treats to Try



Blueberry & Watermelon Salad with Marinated Feta

Servings: 4

Prep Time: 10 minutes

Cook Time: 2 minutes

INGREDIENTS

- 1/3 cup cubed feta cheese
- 1/3 cup thinly sliced red onion
- 2 tbsp olive oil
- 1 tsp lemon zest
- 2 tbsp lemon juice
- Pinch of hot pepper flakes
- 2 cups cubed seedless watermelon
- 1 cup fresh blueberries
- 1 cup chopped cucumber
- 1/4 cup loosely packed, thinly sliced fresh basil

INSTRUCTIONS

- 1 Toss together feta, red onion, oil, lemon zest, lemon juice and hot pepper flakes. Let stand for 10 minutes.
- 2 Toss together watermelon, blueberries, cucumber and basil; transfer to small serving platter. Top with feta mixture.

Variations

Substitute mint for basil if desired. Substitute lime for lemon if desired.

About This Recipe

Your selection of favorite salads just got upgraded. This Blueberry and Watermelon Salad with Marinated Feta is so simple to make – and sure to impress. The juicy blueberries and watermelon pair perfectly with refreshing cucumber and tangy marinated feta.



Blueberry Parfait Pops

Servings: 10

Prep Time: 40 minutes

Cook Time: 5 minutes

INGREDIENTS

- 3/4 cup fresh or frozen blueberries, rinsed, divided
- 1 tablespoon water
- 1 3/4 cups + 2 tablespoons plain Greek yogurt
- 1/4 cup honey
- 1 cup granola, divided
- 1/3 cup frozen mango chunks, finely diced

INSTRUCTIONS

- 1 In small saucepan set over medium-low heat, add 2 tablespoons blueberries and 1 tablespoon water. Cook, stirring occasionally, for 3 to 5 minutes or until softened and a chunky syrup forms. Using fork, mash blueberries; set aside.
- 2 In a medium bowl, stir together yogurt and honey. Reserve 2 tablespoons of yogurt-honey mixture and set aside.
- 3 Spoon blueberry syrup in dollops over yogurt-honey mixture in medium bowl. Using butter knife, swirl together.
- 4 In another medium bowl, stir together 3/4 cup granola and reserved yogurt-honey mixture.
- 5 Spoon 1 tablespoon granola mixture into bottom of each ice pop mold. Pack down with a small spoon. Layer 1 tablespoon remaining blueberries on top of granola, followed by 1/2 tablespoon mango and 3 tablespoons blueberry yogurt swirl. Top evenly with remaining granola.
- 6 Insert ice pop sticks and freeze for 4 to 6 hours or until firm and set.

Recipe Tip

Store parfait pops in freezer for up to 6 weeks.

About This Recipe

Blueberry Parfait Pops deliver cool, refreshing blueberry flavor with a tie-dye twist. You'll love this mix of creamy (blueberries blended and swirled with honey and Greek yogurt) and crunchy (granola), bringing the best of all worlds to your freezer. These popsicles are a great way to beat the heat – enjoying any time of day as a yummy snack or complement to a meal.



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