

# Frozen Blueberries

## Health Benefits

- Blueberries contain fiber, potassium, folate, vitamin C, vitamin B6 and antioxidants , which support heart health.
- Fiber helps lower the total amount of cholesterol in the blood and decrease the risk of heart disease while also promoting digestive health

## How Can Frozen

### Blueberries be Used?

- Frozen blueberries can be incorporated at breakfast, lunch, dinner, and snacks.
- They can be used in baked goods, smoothies, salads, mixed fruit, yogurt parfaits

### Blueberry Muffin Smoothie

#### Ingredients:

- 1/2 cup low-fat/fat-free milk
- 4-6 oz vanilla Greek yogurt (1 individual container)
- 1/2 cup frozen blueberries
- 1/2 frozen banana
- 1/4 cup raw, uncooked oats
- 1/2 cup ice cubes

#### Directions:

1. Add ingredients to blender in order listed above then blend until very smooth, about 2 minutes.

### Blueberry Dessert Pizza

#### Ingredients:

- 1 (10-inch) flour tortilla
- 1/8 teaspoon ground cinnamon
- 1/2 cup whipped low-fat cream cheese
- 1/2 cup blueberries
- 1/2 cup mixed fruit (such as grape halves and mandarin oranges)

#### Directions:

1. Preheat oven to 400°F
2. Place tortilla on an ungreased baking sheet
5. Sprinkle cinnamon evenly over the tortilla
6. Bake tortilla until edges just begin to brown, 3 to 4 minutes
7. Remove to a serving plate
8. Spread cream cheese evenly over tortilla. Arrange blueberries and other fruit on top. Cut in 4 wedges and serve .

# Recipes

## Chicken-Fruit Salad

### Ingredients:

- 1 1/2 cups salad greens
- 2 oz grilled chicken breast
- 1/4 cup blueberries
- 1/4 cup quartered strawberries
- 1/2 sliced banana
- 1 kiwifruit, sliced and peeled
- 1/2 Tbsp pine nuts
- 1/2 Tbsp feta cheese
- 2 Tbps raspberry dressing

### Directions:

1. Arrange salad greens on plate. Top with remaining ingredients. Drizzle with raspberry dressing and serve.

## Blueberry Yogurt Parfait

### Ingredients:

- 1/4 cup blueberries
- 1/4 cup low-fat vanilla yogurt
- 2 squares cinnamon graham crackers, crushed

### Directions:

1. Spoon 2 Tbsp blueberries into a cup. Top with 2 Tbsp yogurt. Sprinkle with 1/2 the crushed crackers.
2. Repeat layers and serve.

## Blueberry-Yogurt Swirl Popsicles

### Ingredients:

- 2 cups blueberries
- 2 Tbsp honey
- 2 cups vanilla Greek yogurt

### Ingredients:

1. Blend the blueberries in a food processor or blender on high speed until very smooth.
2. Pour blended blueberries into a large bowl. Stir in honey. Add yogurt and gently mix. Do not fully blend the yogurt and blueberries to get the swirl.
3. Pour mixture evenly into each popsicle mold. If popsicle mold has slots for sticks, insert them before freezing - if not, freeze for 2 hours, then put a wooden popsicle stick in the middle. Freeze for an additional 4 -6 hours or overnight.
4. Run popsicle molds under warm water to easily remove.

For more recipes visit:

[blueberrycouncil.org/recipes](http://blueberrycouncil.org/recipes)

[dish.allrecipes.com/13-top-rated-blueberry-recipes/](http://dish.allrecipes.com/13-top-rated-blueberry-recipes/)