

Enjoy Blueberries

Blueberry Bling

Ingredients:

- 3 cups **blueberries**, fresh or frozen
- 2 teaspoons **margarine** or **butter**, softened
- 1 Tablespoon all-purpose **flour**
- 1 Tablespoon **brown sugar**
- ½ cup **rolled oats**
- ½ teaspoon **cinnamon**

Directions:

1. Preheat oven to 375 degrees F.
2. Place blueberries in a 9-inch pie plate or baking dish.
3. In a small bowl, use a fork to mix margarine, flour, sugar, oats and cinnamon.
4. Sprinkle oat mixture over blueberries.
5. Bake for 25 to 30 minutes. Enjoy warm!
6. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 5 minutes

Cook time: 25 – 30 minutes



At least
70% of kid
taste testers
"Liked!" the taste.

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recipes using
blueberries.

Whole Wheat Blueberry Muffins

Ingredients:

- 1½ cups **whole wheat flour**
- ¾ cup **sugar**
- ½ teaspoon **salt**
- 2 teaspoons **baking powder**
- ⅓ cup **vegetable oil**
- 1 **egg**, slightly beaten
- ⅓ cup nonfat or 1% **milk**
- ½ cup unsweetened **applesauce**
- 2 cups **blueberries**, fresh or frozen

Directions:

1. Preheat oven to 400 degrees F. Lightly coat the bottoms of 12 muffin cups with oil or baking spray.
2. Mix the flour, sugar, salt and baking powder in a large bowl.
3. In a separate bowl, blend vegetable oil, egg, milk and applesauce until smooth. Stir the liquid ingredients into the flour mixture until just moistened. Lightly stir in the blueberries.
4. Fill each muffin cup about ¾ full.
5. Bake about 20 minutes or until the tops are golden brown.

Note: This recipe can use all-purpose flour or a mix of all-purpose and whole wheat.

To bake as a loaf, use an 8 or 9-inch bread pan and bake at 350 degrees F for 45 to 50 minutes.

Makes 12 muffins

Prep time: 15 minutes

Cook time: 20 minutes



Super Sundae

Ingredients:

- 1 cup low-fat vanilla **yogurt**
- ⅔ cup chopped **peaches**, fresh, frozen or canned/drained
- ⅔ cup **blueberries**, fresh or frozen
- 2 Tablespoons **granola**

Directions:

1. Divide yogurt between 2 glasses or dishes.
2. Spoon half of the peaches and blueberries on top of yogurt in each glass.
3. Sprinkle each sundae with granola. Enjoy!
4. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 10 minutes



When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ **rinse blueberries under cool running water.**
- ✿ **lightly beat an egg.**
- ✿ **sprinkle toppings on crisps or sundaes.**