

ASTOUNDING FACTS! About Blueberries

- Today, we can have fresh blueberries with our cereal all year round. During our winter months, fresh blueberries come from Chile and Argentina, where it's summertime.
- A single bush can produce as many as 6,000 blueberries a year.
- There are only three fruits native to North America: blueberries, cranberries and Concord grapes.
- Botanists estimate that blueberries have been around for more than 13,000 years.
- Native Americans gave blueberries to the new settlers, helping them make it through their first winter.

Blueberry Fruit Pops

This all-fruit snack is totally cool!

- 4 cups fresh or slightly thawed frozen blueberries
- 1 can (6 ounces) frozen apple juice concentrate

In the container of a food processor or blender, place blueberries and apple juice concentrate; whirl until well blended. Pour into twelve (3 ounce) paper cups. Insert a plastic spoon in the center of each cup and freeze until firm; about 4 hours. To serve, remove from freezer, push pops up from the bottoms then twist from cups.

YIELD: 12 pops

PER POP: 51 calories; 13 g carbohydrate; 0 g fat; 1 g fiber; 17 mg vitamin C; 101 mg potassium

Blue Banana Boats

Begin with a blueberry "sea," then let the kids build a fruit boat, just like the one on the cover.

- 2 fruit roll-ups, any flavor
- 4 thin, 4-inch long pretzel sticks
- 1-1/2 cups fresh, frozen or drained canned blueberries
- 1/2 cup grape juice, or juice from canned blueberries
- 2 bananas, cut in quarters
- 4 small scoops frozen yogurt or fruit sorbet (about 1 cup)
- 1/2 cup fruit cut in pieces, such as mandarin oranges or grapes

To make "sails": Unroll fruit rolls and cut into 4 triangles, about 3 inches on all sides; with a sharp knife, make 3 small cuts along one edge of each triangle; thread onto pretzel sticks. In 4 soup or cereal bowls, divide blueberries evenly; pour 2 tablespoons juice into each bowl. To form a "boat": Place two banana quarters on opposite sides of bowl; between the bananas, place a scoop of frozen yogurt. Scatter fruit over all and push a pretzel "sail" into yogurt. Serve immediately.

YIELD: 4 portions

PER PORTION: 214 calories; 47 g carbohydrate; 2 g total fat (1 g saturated fat); 4 g fiber; 19 mg vitamin C; 366 mg potassium

- The blueberry muffin is the official muffin of Minnesota. It's also the most popular muffin in the U.S.
- The blueberry is the official state fruit of New Jersey.
- July is National Blueberry Month in the U.S. August is National Blueberry Month in Canada.



How Much FRUIT Do Kids Need Each Day?

Girls & Boys	2-3 years old	1 cup
	4-8 years old	1 to 1 1/2 cups
Girls	9-18 years old	1 1/2 cups
Boys	9-13 years old	1 1/2 cups
	14-18 years old	2 cups

Visit www.MyPyramid.gov for more information.

BLUEBERRIES EVERYWHERE



- Put a blueberry smile on your pancakes!
- See how many blueberries you can fit on top of a cupcake.
- Add blueberries to your peanut butter sandwich and call it a PB&B.
- Stack up a yummy breakfast! In a glass, layer blueberries, yogurt and crushed cereal or granola. Grab a spoon and dig in!
- For a tasty take-along snack, mix up dried blueberries, your favorite cereal and some mini-pretzels in a zip-top bag.

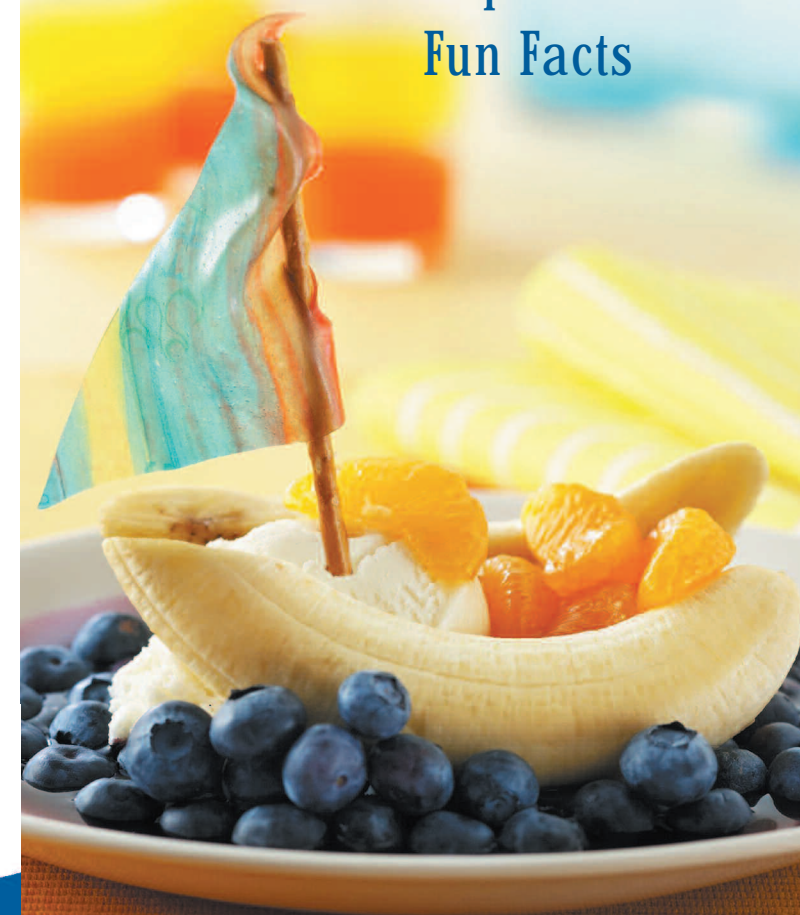
Blueberries

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Get on Board With
Blueberries

Family-Friendly
Recipes and
Fun Facts



Welcome Aboard!

Here are

some blueberry recipes that are as much fun to make as they are to eat—so easy that even the youngest chefs in the family can help out.

Kids need to eat fruit every day to be sure they're getting enough vitamins and fiber:

With blueberries in the fridge or freezer, providing healthful fruit treats for your family is easy! Blueberries never need to be chopped, peeled, cored or stemmed—just rinse and they're ready to enjoy as a quick snack or recipe ingredient.

By serving your family fruit-full breakfasts, snacks and desserts, you're also helping them develop good eating habits that can last a lifetime.

Crispy Blueberry Rice Squares

A classic family favorite with the healthy benefit of fresh blueberries.

- 4 cups miniature marshmallows
- 3 tablespoons butter or margarine
- 6 cups crispy rice cereal
- 1-1/2 cups fresh blueberries

Spray a 9-inch square baking pan with non-stick cooking spray. In a large microwave-safe bowl, heat marshmallows and butter until melted, about 3 minutes on high power, stirring after 2 minutes. Add cereal and blueberries. Stir until evenly coated. Transfer to baking pan, gently press into an even layer. Allow to cool for 15 minutes. Cut into 16 squares and serve. Cover and refrigerate unused portion.

YIELD: 16 squares

PER PORTION: 114 calories; 23 g carbohydrate; 2 g total fat (1 g saturated fat); 0.5 g fiber; 6 mg vitamin C; 25 mg potassium

Things to think about and do WITH ALL THINGS BLUE

- How many blue foods can you think of?
- Can you make up a poem about blueberries?
- Draw a blueberry family! Make faces on them. What are their names?
- How many new words can you make from the letters in BLUEBERRIES?
- Have a contest to see who can guess how many blueberries there are in a cup.

Blueberry Bubble Cones

A snap to make and a handy way for kids to enjoy a fruity snack!

- 3/4 cup prepared tapioca or rice pudding
- 1-1/2 cups fresh blueberries, divided
- 6 ice cream cones

In a medium bowl, stir the pudding to loosen its consistency, if necessary; fold in 1 cup of the blueberries. Mound the mixture into the cones; dot the tops with remaining blueberries; serve immediately.

YIELD: 6 portions

PER PORTION: 69 calories; 14 g carbohydrate; 1 g total fat (0.5 g saturated fat); 1 g fiber; 5 mg vitamin C; 37 mg potassium

Blue Wave Smoothie

Whirl up a quick energy booster any time!

- 2 cups fresh, frozen or canned blueberries
- 1 6-ounce container vanilla or other flavored low-fat yogurt
- 1 cup fruit juice (orange, pineapple or apple)

In the container of an electric blender, place blueberries, yogurt and fruit juice; whirl until smooth. Serve immediately.

YIELD: 3 cups (3 servings)

PER PORTION: 141 calories; 31 g carbohydrate; 1 g total fat (0.5 g saturated fat); 2.5 g fiber; 45 mg vitamin C; 360 mg potassium



Blueberry Dessert Pizza

Pizza for dessert? Sure! Let the kids get creative with this easy fruit version!

- 1 burrito-size flour tortilla (about 10 inches)
- 1/2 teaspoon butter or margarine, softened
- 3 teaspoons sugar, divided
- 1/8 teaspoon ground cinnamon
- 1/3 cup whipped cream cheese
- 3/4 cup fresh blueberries
- 1/2 cup mixed fruit (such as grape halves and mandarin oranges)

Preheat oven to 400°F. Place tortilla on an ungreased baking sheet; spread with butter. In a cup, combine 1 teaspoon of the sugar and the cinnamon; sprinkle evenly over the tortilla. Bake tortilla until edges just begin to brown, 3 to 4 minutes; remove to a serving plate. In a small bowl, combine cream cheese with remaining 2 teaspoons sugar; spread evenly over the crisp tortilla. Arrange blueberries and other fruit on top. Cut in 4 wedges and serve immediately.

YIELD: 4 portions

PER PORTION: 143 calories; 19 g carbohydrates; 7 g total fat; (4 g saturated fat); 1 g fiber; 10 mg vitamin C; 80 mg potassium



Smooth sailing as you navigate your way to good health!