Blueberries

Key Points

- Excellent source of vitamin C, thiamin, riboflavin, and vitamin K. Also a good source of folate and fiber.
- Choose firm, plump, dry blueberries with a dusty blue color that are uniform in size.
- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Refrigerate for up to seven days. Wash just before using.

Blueberry Blend Pudding

Number of servings: 4

**Ingredients:**
1 cup cottage cheese  
2 cups low-fat plain yogurt  
2 tablespoons sugar  
3 tablespoons lemon juice  
2 cups blueberries

**Directions:**
- Put all ingredients together in a bowl or blender. Blend or mix well.
- Chill. Serve in cups.

**Per serving:** 190 calories; 3 g fat (2 g saturated fat); 14 g protein; 28 g carbohydrate; 2 g dietary fiber; 12 mg cholesterol; 314 mg sodium.

French Toast With Fruit Sauce

Number of servings: 8

**Ingredients:**
1 cup skim milk  
4 large eggs, beaten  
½ teaspoon vanilla extract  
½ teaspoon ground cinnamon  
8 slices whole-wheat bread  
1 pint blueberries  
½ cup maple syrup  
dash cinnamon

**Directions:**
- In a small baking or casserole dish, add milk, eggs, vanilla, and cinnamon. Beat with fork until mixed well.
- Dip one slice of bread at a time in the egg mixture to coat both sides.
- Place in medium-hot nonstick skillet. Brown each side, about 2 minutes or more. Remove from skillet.
- In a small bowl, add blueberries, syrup, and cinnamon. Mix well.
- Microwave for 30 seconds until warm. Stir.
- Spoon immediately over French toast.

**Per serving:** 177 calories; 5 g fat (1 g saturated fat); 7 g protein; 27 g carbohydrate; 3 g dietary fiber; 107 mg cholesterol; 217 mg sodium.

Quick Tips

- Add some blueberries to a bran muffin mix. Bake and enjoy!
- Set a good example for children by offering fruit, such as blueberries, at each meal and snack.
- Wash thoroughly with running water before peeling, cutting, or eating. Do not wash produce until ready to eat.
- Make fruit kabobs by stacking blueberries, kiwi slices, and strawberries on toothpicks.