**Why Should I Eat Blueberries?**

- Are high in Vitamin C—good for bones and healing injuries.
- Have lots of Fiber—helps lower cholesterol and keeps you regular.
- Have the most antioxidants—may help in protecting against aging and cancer, maintain healthy brains.

**How Do I Know I Have Good Ones?**

- Look for ones that are firm, dry, plump, and have smooth skin.
- Size doesn’t matter, but color does; berries should be deep purple-blue to blue-black.
- Don’t use blueberries that look soft or wrinkled or have any white spots of mold on them.

**How Should I Handle Them At Home?**

- Store berries in a covered container in the refrigerator.
- Wash them just before you eat or use them. Eat them within 10 days.
- Do not leave the berries out of the refrigerator for too long.
- To Freeze them—Do not wash blueberries before you freeze them. That makes the skin tough. Put clean, dry blueberries into re-sealable plastic bags, and store them in the freezer. Use within 6 months.
- Frozen berries can be added directly to muffin or pancake batter, or beaten into smoothies. Thaw berries before using on cereal.

Distributed by: Feeding America Tampa Bay

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Cooking with Blueberries

**Blueberry-Topped Rice Cakes**  
Makes 4 cakes

- ½ cup ricotta or cottage cheese  
- 2 tsp apricot (or any kind you like) preserves  
- 4 plain or flavored rice cakes  
- 1 cup thinly-sliced fresh fruit (such as apple, pear, nectarine or peach)  
- 1 cup fresh blueberries

1. In a small bowl, stir together cheese and preserves.  
2. Spoon an equal amount on each of the rice cakes almost to the edge.  
3. Arrange fruit slices in circles, on top of the ricotta mixture.  
4. Top each with ¼ cup of the blueberries.  
5. Serve immediately.

**Berry Blue Smoothie**  
Serves 3 people

- 2 cups fresh or slightly thawed frozen blueberries  
- 1 6-ounce container low-fat vanilla or other flavored yogurt  
- 1 cup fruit juice, such as orange, pineapple or apple  
- 1 Tbsp honey, sugar or sweetener, more or less to taste

1. Put all ingredients in the container of an electric blender.  
2. Whirl until smooth.  
3. Serve immediately.

Use other berries or fruit, whatever you have on hand. Bananas and strawberries work well too. Canned or frozen fruits are also good.

**Blueberry and Cheese Salad**  
Serves 4 people

- 4 cups mixed salad greens  
- 1 cup fresh blueberries  
- 3 to 4 ounces goat, feta or other soft cheese  
- ¼ cup Italian or balsamic dressing

1. Arrange greens on four salad plates, dividing evenly.  
2. Slice cheese, or crumble it. Divide into 4 portions.  
3. Arrange one portion in center of each plate.

*Quick note: To crisp nuts and bring out their full flavor, spread in a single layer in a baking pan. Toast them in a 300° F oven for about 5 minutes. Adapted from Allrecipes.com

- ½ cup pecans or walnuts