

# Pick a **better** snack™ – THE COLOR WAY

## **BLUEBERRIES**

*Wash. Eat. How easy is that?*



Blueberries are second only to strawberries as one of the most popular berries in the United States. They can be eaten dried or fresh as a snack food; added to cereals, salads, yogurt, or ice cream; used as an ingredient in pancakes, muffins, pies, breads, or sauces; or pureed to make jam or jelly. Although the blueberry season is short, berries can be bought in the off-season frozen, canned, or dried. Fresh blueberries should be deep blue with a white bloom.

Before refrigerating berries, pour out the contents and remove any that are moldy or crushed. Wash berries at time of use.

### **BLUEBERRY SMOOTHIE** (YIELDS 2 PORTIONS)

1 pint fresh blueberries or 2 cups (10 oz) frozen blueberries, slightly thawed

1 cup pineapple, orange and strawberry juice blend or pineapple-orange juice

1 container (8 oz) low fat vanilla yogurt

2 teaspoon sugar

In an electric blender combine blueberries, juice, yogurt and sugar. Blend until smooth, about 1 minute. Serve immediately in tall glasses. Garnish with blueberry skewers spiraled with thin strips of orange peel, if desired.

*Recipe Source: North American Blueberry Council*

Include [BLUE/PURPLE](#) fruits and vegetables in your low-fat diet to help maintain:

- A lower risk of some cancers
- Memory function
- Urinary tract health
- Healthy aging

Pick a **better** snack™ was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site [www.idph.state.ia.us/pickabettersnack](http://www.idph.state.ia.us/pickabettersnack) or Iowa State University Extension web site [www.extension.iastate.edu/food](http://www.extension.iastate.edu/food). For more information about 5 A Day the Color Way™, visit [www.5aday.com](http://www.5aday.com).