

# **Taste Test: Blueberries**



Blueberries are small, round berries. The outside skin has a smooth, deep blue skin and the inside has a light-peach coloured flesh with small seeds. Blueberries grow on bushes in clusters between May and October and are similar to cranberries. They have a mildly sweet taste but can sometimes be tart depending on their ripeness when picked from the bush.

# **Food Fact**

Blueberries are found to be one of the best sources of antioxidants, and they are high in vitamin

K, vitamin C, and fibre<sup>1</sup>

## How to Choose:

- □ Pick blueberries that are a deep, blue-purple colour.
- $\hfill\square$  Avoid blueberries that are too soft and shrivelled.

## How to Prepare:

- □ Rinse the berries and remove any that look damaged.
- □ Eat them raw or add them to baking.

## How to Store:

□ Keep blueberries in the fridge for up to 10 days.

Extra blueberries can be frozen. Wash them, lay them on a cookie sheet and freeze for one hour. Then transfer to a container to be kept in the freezer.

# Note:

Canada's food guide recommendations:

- □ Include vegetables and fruit in all meals and snacks.
- □ Aim for half your plate to be vegetables and fruit.

# I Tried It!

My Rating (circle one):



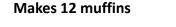
Would you like to try blueberries again?

🗆 YES 🛛 NO

# Ideas for Serving Black Plums:

- Add blueberries to a smoothie.
- Add fresh blueberries to cold cereal or oatmeal for more flavour and colour.
- Make a blueberry and yogurt parfait by alternating layers of blueberries and yogurt in a glass and top with granola.

# **Blueberry Oat Muffins**



#### Ingredients:

- □ 1 cup all-purpose flour
- □ ¾ cup quick-cooking rolled oats
- □ 2 tsp baking powder
- 1 tsp ground cinnamon
- □ ½ tsp baking soda
- □ ½ tsp salt

- ¼ cup packed brown sugar
- 🗌 1 egg
- ☐ ⅔ cup 1% milk
- ½ cup 1% plain yogurt
- □ ¼ cup vegetable oil
- □ 1 cup fresh or frozen blueberries

## **Directions:**

- 1. In a large bowl, combine flour, oats, baking powder, cinnamon, baking soda, and salt.
- 2. In a medium bowl, whisk together brown sugar, egg, milk, yogurt and oil until well blended. Stir into flour mixture until just blended. Gently fold in blueberries.
- 3. Divide batter evenly among prepared muffin cups. Bake in a preheated oven for 20 to 25 minutes or until the tops spring back when lightly touched. Let cool in a pan on a wire rack for 5 minutes, then transfer to the rack to cool.

Recipe adapted from <a href="https://www.cookspiration.com/recipe.aspx?perma=sSxgMaOPdRW&g=3">https://www.cookspiration.com/recipe.aspx?perma=sSxgMaOPdRW&g=3</a>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca.

<sup>1</sup>Healthy Hints. <u>https://healthyhints.com/blueberries</u>. Accessed November 1, 2017. <sup>2</sup>EaTracker.ca. Recipe Analyzer<u>. http://www.eatracker.ca/recipe\_analyzer.aspx</u> Accessed July 26, 2012.