

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 fibre¹

How to Choose:

- ☐ Pick blueberries that are a deep, blue-purple colour.
- ☐ 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

Makes 12 muffins

Ingredients:

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| <input type="checkbox"/> 1 cup all-purpose flour | <input type="checkbox"/> ¼ cup packed brown sugar |
| <input type="checkbox"/> ¾ cup quick-cooking rolled oats | <input type="checkbox"/> 1 egg |
| <input type="checkbox"/> 2 tsp baking powder | <input type="checkbox"/> ¾ cup 1% milk |
| <input type="checkbox"/> 1 tsp ground cinnamon | <input type="checkbox"/> ½ cup 1% plain yogurt |
| <input type="checkbox"/> ½ tsp baking soda | <input type="checkbox"/> ¼ cup vegetable oil |
| <input type="checkbox"/> ½ tsp salt | <input type="checkbox"/> 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 <https://www.cookspiration.com/recipe.aspx?perma=sSxgMaOPdRW&g=3>

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.

¹Healthy Hints. <https://healthyhints.com/blueberries>. Accessed November 1, 2017.

²EaTracker.ca. Recipe Analyzer. http://www.eatracker.ca/recipe_analyzer.aspx Accessed July 26, 2012.