



Blueberries from Chile

Blueberries— Nature's Little Blue Dynamos®

Little Changes Can Make a Big Impact

Pick me! Pick me! Don't let my miniature size fool you – I am proof that, when it comes to flavor and health benefits, good things do come in small packages.

One little change, like adding a handful of roly-poly berries like me to your family's breakfast or lunchbox, will add color and energy to everyone's day. From snacks to supper, there are tons of fun ways to enjoy blueberries 365 days a year – fresh or frozen!

Plus, we're low in fat, delicious and full of nutrients like Vitamin C and manganese. Keep fresh or frozen blueberries on your grocery list, and we'll keep your kids energized and help meet their daily nutritional requirements.

Smiles,

Little Blue Dynamos

★ 1 cup of blueberries = 80 calories and virtually no fat

★ 1 serving = 25% of your daily Vitamin C requirement¹

★ Good source of fiber¹

★ Excellent source of manganese, which plays an important role in bone development²

★ Frozen blueberries are available year-round

★ Blueberries retain their healthful nutrition even when frozen

¹ U.S. Department of Agriculture. ARS 2012. National Nutrient Database for Standard Reference. Release 25.

² Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium and Zinc. (2001) National Academy of Sciences.

Life is busy! Find simple snack and activity ideas for the whole family at littlebluedynamos.com.

Little Blue Hunger Busters

"I'm huuuunnngry!" Does that sound familiar?

Surprise and satisfy hungry kids with an easy snack like a blueberry smoothie or blueberry turkey burgers.

Visit littlebluedynamos.com for more easy snack ideas for your next playdate, neighborhood party, or family gathering.



Berry Blueberry Smoothie *Makes 3 servings*

Ingredients

- 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 tablespoon honey or sugar, more or less to taste

Instructions

1. Place ingredients in a blender and whirl until smooth. Serve immediately.



Blueberry Turkey Burgers *Makes 4 servings*

Ingredients

- 1 pound ground turkey
- ¾ cup fresh or frozen (unthawed) blueberries
- 1 tablespoon minced fresh ginger (optional)
- 1 teaspoon coarse black pepper
- 2 tablespoons soy sauce
- 4 poppy seed hamburger buns
- Lettuce and sliced red onion (optional)

Instructions

1. In a large bowl, combine turkey, blueberries, ginger and black pepper; mix well.
2. Form mixture into 4 patties.
3. Brush soy sauce on both sides of burgers.
4. In an oiled skillet over medium-high heat, grill patties until cooked thoroughly, about 4 minutes each side.
5. Serve on buns with lettuce and sliced red onion.

Frozen = No Hassle Eating

- Fewer trips to the store
- Always fresh, always ripe
- No peeling, chopping, pitting

Facts About Freezing

Blueberries are frozen...



at -20 degrees



in just 4 minutes



oftentimes at the farm



at the peak of freshness

Little Changes, Big Rewards

Here are five simple ways to steer your family toward happy and healthy lives:

1. Pack a bag of fresh blueberries in your family's lunches once a week.
2. Talk to your child's school about adding blueberries to their menu.
3. Add a handful of blueberries to your dinner salad.
4. Thaw frozen blueberries and serve on oatmeal or yogurt.
5. Use frozen blueberries to decorate waffles and pancakes.


blueberries
Little Blue Dynamos®

