

BLUE BERRIES

GROWN IN MINNESOTA



Nutrition Facts

Serving Size 1 cup (140g)

Calories	100	% Daily Value
Total Fat	1g	1%
Sodium	0mg	0%
Total Carbohydrate	27g	9%
Dietary Fiber	3g	14%
Protein	1g	

Health Benefits

- Blueberries contain more disease fighting antioxidants than almost any other fruit.
- Good source of vitamin C, iron and phosphorus.
- High in soluble fiber which helps lower cholesterol.

DIFFERENT USES

- Add to whole wheat waffles or pancakes for a powerful breakfast.
- Wake up your spinach salad with blueberries, strawberries and walnuts.
- Layer blueberries, yogurt, granola and pineapple in a cup.
- Eat raw as a quick snack or add them to yogurt.
- Freeze blueberries and enjoy for a cold treat!

FUN FACT

- They were once called “star berries” because of the star shaped crown on top of the fruit.
- If you dust fresh blueberries with flour just before adding them to a batter they will not stick to the bottom of the pan.
- There are 1,600 wild blueberries in one pound and 500 cultivated blueberries in one pound (wild blueberries are much smaller).