

Blueberries



Blueberries are a good source of fiber and vitamin C. Enjoy blueberries on cereal, in a salad or in pancakes.

Buying fresh blueberries...

- Select blueberries that are plump, firm, with a dusty-blue color and uniform in size.

Storing fresh blueberries...

- Keep blueberries in the original container in the refrigerator.
- Use fresh blueberries within one week.
- Freeze unwashed blueberries in a single layer on a cookie sheet. Once frozen, put them in a plastic bag or freezer container.

Enjoying fresh blueberries...

- Wash blueberries just before eating or using.
- Stir blueberries into cake or muffin batter as the last step.
- Drop blueberries onto pancakes after pouring the batter on the griddle.