



# Healthy Ways to Eat Dried Blueberries



Dried fruit is high in sugar, so consider serving size:  
1/3 cup of dried blueberries = 1 serving of fruit

1. Mix into some cooked oatmeal with a pinch of cinnamon.
2. Sweeten bran flakes or rice cereal with dried blueberries.
3. Throw some into muffin batters when fresh aren't available.
4. Add to pancake batter for a scrumptious stack of pancakes.
5. Toss into a salad for a sweet and savory dish! Pairs well with spinach, walnuts and strawberries.
6. **Make your own trail mix!** Combine ½ cup dried blueberries, ½ nuts (such as peanuts, cashews, sunflower seeds, almonds, walnuts or pecans) , 1 cup crunchy grains (such as granola, whole grain cereal, bran or corn flakes, or pretzels). **Enjoy as a healthy snack on the go!**
7. **Make your own granola\***. Serve on top of plain, nonfat yogurt to make a parfait.

#### Ingredients:

4 Tablespoons honey	2 Tablespoons oil
½ teaspoon cinnamon	2 cups oats
4 Tablespoons sliced or chopped nuts (optional)	Non-stick cooking spray
½ cup dried blueberries	

#### Directions:

1. Preheat oven to 350° F. In a large bowl, add honey, oil, and cinnamon. Whisk with a fork.
2. Add oats and nuts (if using). Stir until well-coated with honey mixture.
3. Coat a baking sheet with non-stick cooking spray. Spread oat mixture evenly onto sheet.
4. Bake until lightly browned, about 10-15 minutes. Stir every 5 minutes to cook evenly. Watch closely to be sure granola does not burn. Remove from oven and let cool completely.
5. Transfer cooled granola to a medium bowl. Stir in dried blueberries.

8. **Make Sweet and Spicy Slaw\*\***. Serve as a side dish or a sandwich topper.

#### Ingredients:

4 cups chopped or shredded cabbage	2 medium apples, finely chopped, skins left on
½ cup dried blueberries	3 Tablespoons vinegar (like apple cider vinegar)
¼ cup oil	3 Tablespoons honey or sugar
¼ teaspoon cayenne or ½ teaspoon hot pepper sauce	¼ teaspoon salt (optional)

#### Directions:

1. In a large bowl toss cabbage, apples and dried blueberries.
2. In a small bowl, whisk together oil, honey, vinegar, salt and pepper.
3. Pour liquid over the cabbage/apple mix and toss to coat.
4. Serve as a side dish, or as a topping for sandwiches in place of lettuce.

9. **Make Blueberry Salsa**. Serve with whole wheat tortilla chips or top baked chicken!

#### Ingredients:

3 cups dried blueberries, rehydrated (place in 1 1/2 cup of water until plump)	
2 jalapeño peppers, chopped and seeded	¼ cup onion, chopped
1/3 cup bell pepper, chopped	½ teaspoon salt
¼ cup lemon or lime juice	3 tablespoon cilantro, chopped

#### Directions:

1. Stir together all ingredients.
2. Cover and chill until ready to use.

## 10. Make True Blue Salad. A refreshing summer salad.

### Ingredients:

5-6 cups torn iceberg or romaine lettuce or spinach  
1 medium tomato, chopped  
½ of a small cucumber, thinly sliced  
½ cup crumbled feta cheese (or any cheese you like)  
½ cup slivered almonds or other nut of choice  
½ cup dried blueberries

### Vinaigrette:

2 Tablespoon vinegar or lemon juice  
2 Tablespoons oil  
½ teaspoon salt  
¼ teaspoon pepper  
½ teaspoon dried dill or other herb (optional)  
½ teaspoon garlic powder (optional)  
2 teaspoons Dijon mustard (optional)

### Directions:

1. Make the vinaigrette in a separate bowl.
2. Toss together all the ingredients from the first column and toss with vinaigrette.
3. Serve chilled.

## 11. Make Blueberry Muffins for a heart-healthy breakfast or snack!

### Ingredients:

2 ¼ cups whole wheat flour  
1 cup brown sugar  
½ teaspoon cinnamon  
¾ teaspoon salt  
1 teaspoon baking powder

½ teaspoon baking soda  
1/3 cup dried blueberries  
1 teaspoon vanilla extract  
1 ½ cups buttermilk or plain yogurt  
1/3 cup vegetable oil

### Directions:

1. Preheat oven to 400 F. Lightly grease the 12 cups of a standard muffin tin or use cupcake liners.
2. Whisk together all of the dry ingredients, including blueberries.
3. In a separate bowl, whisk together the vanilla, buttermilk/yogurt and vegetable oil.
4. Pour the liquid ingredients into the dry ingredients and stir to combine.
5. Spoon the batter into the prepared muffin cups, filling almost to the top.
6. Bake the muffins for 18-20 minutes, or until toothpick inserted comes out clean.

## 12. Make Peanut Butter Energy Bites. Enjoy for breakfast, dessert, or on the go snack!

### Ingredients:

1 ¾ cup oats  
1/3 cup honey or maple syrup

¾ cup peanut butter  
1/3 cup dried blueberries

### Directions:

1. In a medium mixing bowl, stir together all the ingredients.
2. If the dough is sticky, refrigerate for 2-3 hours or pop it in the freezer for 30 minutes to firm it up.
3. Form the dough into about 24 tablespoon-sized balls and refrigerate for about an hour before enjoying.

## 13. Make Blueberry Crumble for a healthier version of a classic dessert!

### Ingredients:

¾ cup oats  
¼ cup whole wheat flour  
1 teaspoon cinnamon  
2 tablespoons maple syrup, room temperature

1 ½ tablespoons unsalted butter, melted  
1 cup dried blueberries, rehydrated in 1 ½ cups water  
3 tablespoons cornstarch

### Directions:

1. Preheat oven to 350 F and coat an 8" square pan with nonstick cooking spray.
2. To prepare the topping, whisk together the oats, flour, and cinnamon in a small bowl. Make a well in the center. Pour in the maple syrup and melted butter. Stir until fully incorporated.
3. To prepare the filling, toss the blueberries with the cornstarch in a large bowl until completely coated.
4. Transfer the filling to the prepared pan, sprinkle evenly with the topping. Bake for 55 minutes or until juice is bubbling at the sides of the pan. Cool completely to room temperature. Then refrigerate for at least 3 hours before serving to allow juices to thicken.

\*Recipe from Share Our Strength's Cooking Matters™

\*\*Recipe from Michigan Fitness Foundation's Harvest of the Month

