



Healthy Ways to Eat Blueberries



1. **Add to smoothies!** For a single serving, combine the following ingredients in a blender:
[½ cup plain, nonfat yogurt + ½ cup blueberries + 1 banana + 1 cup orange juice or low fat milk + ice]
2. **Top your favorite oatmeal or cream of wheat breakfast with blueberries instead of sugar!**
3. **Stir into plain, non-fat yogurt or cottage cheese!**
4. **Top off your favorite whole grain cereal or granola with blueberries!**
5. **Add to pancake and waffle batter for a delicious breakfast treat.**

6. Make Blueberry Banana Overnight Oats

Ingredients: (for one serving)

½ cup oats	2 tablespoons maple syrup
½ cup low fat milk	¼ teaspoon cinnamon
1 small banana, peeled & chopped	½ cup blueberries (fresh or frozen)
¼ teaspoon vanilla extract	pinch of salt

Directions:

1. Mix together all the ingredients in a jar or bowl. Place in the refrigerator overnight.
2. In the morning, give it a stir and enjoy cold or heat it up for 1-2 minutes in the microwave!

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

Ingredients:

2 ¼ cups whole wheat flour	½ teaspoon baking soda
1 cup brown sugar	1 cup blueberries (fresh or frozen)
½ teaspoon cinnamon	1 teaspoon vanilla extract
¾ teaspoon salt	1 ½ cups buttermilk or plain yogurt
1 teaspoon baking powder	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.

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

Ingredients:

2 cups chopped blueberries (if frozen, thaw)	2 jalapeño peppers, chopped and seeded
1 cup whole blueberries (if frozen, thaw)	1/3 cup bell pepper, chopped
¼ cup lemon or lime juice	¼ cup onion, chopped
3 tablespoon cilantro, chopped	½ teaspoon salt

Directions:

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

9. Make Blueberry Chicken Salad

Ingredients:

3 tablespoon oil	3 chicken breasts, skinned & boned
½ cup vinegar	1 celery stalk, chopped
2 teaspoons minced fresh ginger or ¼ teaspoon ground ginger	½ cup onion, diced
1 clove garlic, minced or ½ teaspoon garlic powder	1 cup carrot, shredded or chopped
¼ teaspoon salt	½ cup bell pepper, chopped
½ teaspoon pepper	4 cups salad greens
	1 cup blueberries (thaw if frozen)

Directions:

1. Whisk together first 6 ingredients. Reserve half of mixture and chill.
2. Place chicken in a shallow baking dish and pour remaining mixture over chicken. Cover and chill for 1 hour.
3. Remove chicken from marinade, discard marinade. In a preheated 400 F oven, bake chicken for 10 minutes. Flip chicken over and bake for another 15 minutes or until no longer pink and internal temperature reaches 165 F.
4. Meanwhile, combine the rest of the vegetables and add reserved dressing, toss to coat.
5. Place chicken over the greens, top with vegetable mixture and sprinkle with blueberries.

10. Make Blueberry Glazed Ham

Ingredients:

1 boneless fully cooked smoked ham (3-4 lbs)	1-2 tablespoons honey
1 ¾ cup of water, divided	1 teaspoon of rosemary
½ cup brown sugar	4 teaspoons of thyme
4 cups frozen blueberries	salt and pepper to taste

Directions:

1. Preheat oven to 325 F. In a medium sized sauce pan, over medium heat, combine 1 ¼ cup water and the brown sugar. Bring to a boil.
2. Add the frozen blueberries, herbs and honey to the mixture. Season with salt and pepper.
3. Cook, for 25-30 minutes stirring occasionally or until blueberries release their juices and sauce thickens.
4. Set aside. Meanwhile, score the ham, making diamond shapes with a knife.
5. Place in a deep baking dish and add remaining water to the pan. Pour ½ glaze over the ham and bake, uncovered for 1-1 ½ hours, basting with the pan juices every 15 minutes or until meat thermometer reaches 140 F.
6. Serve immediately with the remaining blueberry sauce on the side.

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

Ingredients:

¾ cup oats	1 ½ tablespoons unsalted butter, melted
¼ cup whole wheat flour	6 cups blueberries (keep frozen)
1 teaspoon cinnamon	3 tablespoons cornstarch
2 tablespoons maple syrup, room temperature	

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.

