

## COMMODITY FOODS BLUEBERRIES, FROZEN



### Storage

- ◆ Store frozen blueberries in the freezer.
- ◆ For best quality, use frozen blueberries within 24 months.

### Uses & Tips

- ◆ Serve alone as a snack
- ◆ Fold into muffin or pancake batter
- ◆ Add to cereals
- ◆ Serve over ice cream or yogurt
- ◆ Add to your favorite smoothie



### **Blueberry Parfait** Serves 4.

- 1 1/2 cups canned fruit, drained, cut into small pieces
- 1 1/2 cups fresh or thawed frozen blueberries
- 1 container (8 oz.) vanilla low-fat yogurt
- 1/2 cup granola cereal

1. In 4 dessert dishes, place blueberries in the bottom of each dish.
2. Sprinkle half of the granola over top of blueberries.
3. Combine canned fruit pieces and half of the yogurt.
4. Spoon yogurt-fruit mixture over top of blueberries and granola.
5. Top each dish with a spoonful of yogurt and a sprinkle of granola.

**NUTRITION FACTS (per serving) - Calories 160 ~ fat 3 g ~ calories from fat 25 ~ sodium 70 mg ~ total carbohydrate 31 g ~ fiber 4 g**