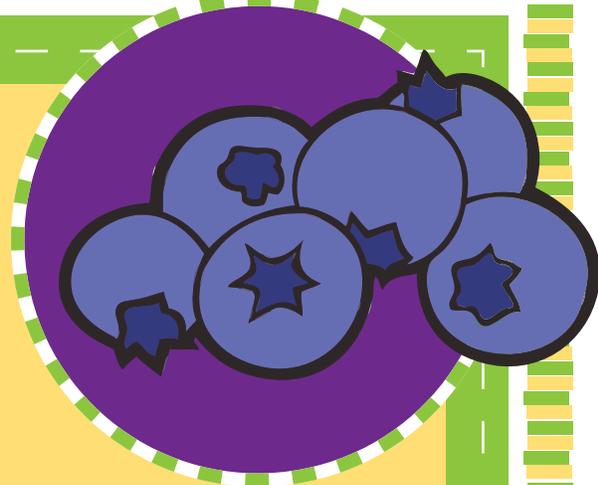


In Season:



Blueberry!



NUTRIENTS IN BLUEBERRIES:

Vitamins: A and C; fiber and antioxidants.

SELECTION:

Choose firm, plump, dry blueberries with dusty-blue color that are uniform in size.

STORAGE:

Refrigerate blueberries for 10-14 days.

QUICK FIX TIPS:

- Sprinkle fresh or frozen blueberries over yogurt, cereal, or fruit salads to add extra flavor and nutrition.
- For breakfast, top a whole-wheat bagel with low-fat cream cheese, banana slices, and fresh blueberries.
- Send your kids to school with a handful of fresh blueberries in a plastic bag for their snack time.



Out of This Whirled Shake

Prep Time: 5 Minutes
Serves: 2

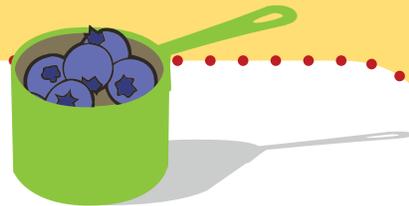
Ingredients:

- ½ medium banana, peeled and sliced
- 1 cup unsweetened frozen berries (strawberries and blueberries)
- ½ cup low-fat (1%) milk
- ½ cup 100% orange juice

Cups of Fruits and Vegetables per Serving: 5

Preparation:

1. Place all ingredients in a blender and cover tightly.
2. Blend until smooth.
3. If mixture is too thick, add ½ cup cold water and blend again.
4. Pour into 2 glasses and serve.



Nutritional Information per Serving:

Calories:106; Total Fat:0.9g;
Dietary Fiber:2g; Sodium:30mg

Recipe is courtesy of Produce for Better Health Foundation (PBH).



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