

# BLUE BERRIES

GROWN IN MINNESOTA



## Nutrition Facts

Serving Size 1 cup (140g)

		% Daily Value
<b>Calories</b> 100		
<b>Total Fat</b> 1g		1%
<b>Sodium</b> 0mg		0%
<b>Total Carbohydrate</b> 27g		9%
	Dietary Fiber 3g	14%
<b>Protein</b> 1g		

## Health Benefits

- Blueberries contain more disease fighting antioxidants than almost any other fruit.
- Good source of vitamin C, iron and phosphorus.
- High in soluble fiber which helps lower cholesterol.

## DIFFERENT USES

- Add to whole wheat waffles or pancakes for a powerful breakfast.
- Wake up your spinach salad with blueberries, strawberries and walnuts.
- Layer blueberries, yogurt, granola and pineapple in a cup.
- Eat raw as a quick snack or add them to yogurt.
- Freeze blueberries and enjoy for a cold treat!

## FUN FACT

- They were once called “star berries” because of the star shaped crown on top of the fruit.
- If you dust fresh blueberries with flour just before adding them to a batter they will not stick to the bottom of the pan.
- There are 1,600 wild blueberries in one pound and 500 cultivated blueberries in one pound (wild blueberries are much smaller).