

12 Great Ways to Use...

Blueberries

High in vitamin C and a good source of fiber, blueberries may reduce the risk of cardiovascular disease, improve cognitive function, and protect the bladder from infection. Buy fresh berries when you can find them, or check the freezer case for frozen choices that now include flavorful wild berries. To use frozen berries in place of fresh, let them sit out at room temperature for about 15 minutes, or zap them in the microwave for about 30 seconds, and drain. Here are a dozen ways to enjoy them:

- 1.** Top your morning cereal with blueberries and Greek yogurt.
- 2.** Pair blueberries with watermelon and orange sections for a refreshing fruit salad.
- 3.** Incorporate blueberries into a green salad along with goat cheese or feta cheese and a lemon dressing.
- 4.** Toss blueberries and a bit of bleu cheese with arugula and vinaigrette for a special occasion salad.
- 5.** Make a delicious cold soup by combining blueberries, fruit juice, and cinnamon, and topping it with a spoonful of Greek yogurt.
- 6.** Combine crushed fresh pineapple, blueberries, and a tablespoon or two of your favorite jam to make a sauce for topping waffles or pound cake.
- 7.** Blend together blueberries, Greek yogurt, and a few slices of candied ginger to make a dipping sauce to serve with sliced apples and berries.
- 8.** Add blueberries to smoothies and shakes.
- 9.** Cut a honeydew melon into four or six sections, scoop out the seeds, and serve topped with blueberries drizzled with freshly squeezed lime juice.
- 10.** Garnish whole grain salads made from couscous, barley, faro, or bulgur with parsley and blueberries.
- 11.** Dress up plates of seafood or poultry by adding a spoonful of fresh blueberry relish, made by combining diced pickled onion, blueberries, and diced tomato.
- 12.** Include blueberries as a garnish for fruit punch, sangria, and other party drinks.



Learn more about healthy food choices at www.oldwayspt.org.