

Blueberries, Frozen

MyPlate Food Group: **Fruit**



Product Description

- Frozen blueberries are U.S. Grade B or better.
- Frozen blueberries provide nutrients that are good for your health such as dietary fiber and vitamin C.
- Frozen blueberries have no added sugars or sweeteners.

Storage

- Store unopened frozen blueberries in the freezer.
- For best quality, store unused portion (after open) in a sealed air-tight container or freezer safe bag to keep out moisture and other contaminants.

Uses and Tips

- Frozen blueberries can be thawed in the refrigerator or they can be thawed during cooking.
- Use frozen blueberries in baked fruit desserts like breads, cobblers, muffins, or pies.
- Frozen blueberries are a great addition to fruit salads and smoothies.
- For a quick nutrient boost to your breakfast, add frozen blueberries to cereal, oatmeal, or pancakes.

Nutrition Information

- 1 cup of frozen blueberries counts as 1 cup in the MyPlate.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups of fruit.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: 1 cup (155g), unthawed frozen blueberries

Amount Per Serving

Calories 79 **Calories from Fat** 0

-% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	16%
Sugars 13g	
Protein <1g	
Vitamin A 5%	Vitamin C 6%
Calcium 1%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

Blueberry Wojapi

Makes about 12 servings

Ingredients

- 6 cups frozen blueberries, thawed
- 1 cup water
- 1 Tablespoon cornstarch for thickness

Note

Wojapi is a Native American berry sauce. Use it as a topping on breads, waffles, pancakes, cakes, meats and other traditional recipe items.

Directions

1. Place blueberries in a mixing bowl and mash.
2. Add mashed blueberries and water to a large saucepan and bring to a boil. Stir, being careful not to burn the berries.
3. Reduce the heat and simmer on low heat for approximately 1 hour.
4. Watch the pot carefully and stir constantly.

Thickening Options:

Wojapi is sometimes the consistency of pudding. For a thicker berry mix, you can use cornstarch.

Continue to simmer to reduce the berry mix to the thickness you want. Keep stirring constantly until you have the desired consistency. Or place 1 Tablespoon of cornstarch into a cup, add cold water. Slowly add to hot pot of berries and stir to the thickness you want.

Recipe adapted from SparkRecipes.com.

Blueberry Overnight Oats

Makes about 1 serving

Ingredients

- 1/2 cup Quick Oats
- 1/2 cup milk
- 1/2 cup blueberries
- 2 Tablespoons peanut butter

Directions

1. Add Quick Oats to a sealable container and add milk.
2. Add a layer of blueberries and then a layer of peanut butter. Continue until both are used up.
3. Seal container and place in the refrigerator overnight (or for at least 8 hours).
4. Remove oats from refrigerator. Enjoy hot or cold.

Tips

Liquid: You can use yogurt in place of milk if you prefer.

Mix-ins: Fruits (fresh or frozen), nuts, nut butters, seeds, and spices are good additions.

Toppings: Add pretty much whatever you like: berries, banana, and/or chopped nuts.

Recipe adapted from QuakerOats.com