



BLUEBERRY

2023 Member Handout

Written by Cindy Kiser, KAFCE State EPC

LESSON GOALS:

Participants should be able to identify blueberries as member of the fruit food group. Access how one will benefit including blueberries in our diets. Understand where and how blueberries are grown. Appreciate the selection, storage and preparation of blueberries. Plan healthy meals and snacks that incorporate blueberries.

COMMUNITY ACTIVITIES:

Publish news articles. Make a display. Hold informative meetings in the community. Volunteer to talk with people such as classrooms, 4-H groups, church youth groups, or seniors groups. Develop radio or TV spots to inform the public. Reach out through social media, such as Facebook, TikTok or Tweet your message. Post a YouTube video preparing a blueberry dish. Utilize blogs. Make a brochure. Network the message.

IMPORTANT NUTRIENTS

- Fiber - good for your gut and heart.
- Vitamin K - helps your blood clot.
- Vitamin C - helps with wound healing.
- Copper - assists in iron metabolism.
- Manganese - helps form bones.
- Phytochemicals (flavonoids, phenolic acids, carotenoids) - antioxidant, anti-cancer, anti-inflammatory, and anti-neurodegenerative properties.

SELECTION & STORAGE: Look for firm berries that have a uniform color. Avoid berries that are dull, soft, or watery. Store ripe blueberries in a covered container in the refrigerator for up to 3 days. Wash blueberries right before eating.

IDEAS FOR SERVING SELECTION & STORAGE: Enjoy fresh blueberries as a snack throughout the day. Add blueberries to your smoothie, oatmeal, cereal, or even toast at breakfast. Incorporate blueberries into a salad at lunch or serve with yogurt for dessert.



RECIPES:



BLUEBERRY CHIA SMOOTHIE

- 1 ¼ cup coconut milk beverage
- 1/3 cup tofu
- 2 tablespoon raw honey or guava
- 3 tablespoons chia seeds
- 1 cup frozen blueberries

Use blender 45 seconds or until smooth. If too thick, add more coconut milk beverage or water.

BLUEBERRY COBBLER Makes 8 servings

- ⅔ cup flour
 - ½ cup sugar
 - 1½ teaspoons baking powder
 - ⅔ cup low-fat milk
 - 2 tablespoons oil
 - 2 cups blueberries
1. Pre-heat oven to 350°F.
 2. In a medium bowl, combine flour, sugar and baking powder.
 3. Stir in milk and mix the batter until it is smooth.
 4. Coat a 9×9-inch baking dish with oil.
 5. Pour in the batter and sprinkle the blueberries on top.
 6. Bake for 40 to 45 minutes or until top is lightly browned.

SAVORY BLUEBERRY CHUTNEY Makes 8 servings

- 1 small sweet onion, sliced
 - 1 large clove garlic, minced
 - 2 cups fresh blueberries
 - Juice and zest of 1 lemon
 - 2 tablespoons honey
 - 2 teaspoons ground ginger
 - 1¼ teaspoons ground cinnamon
 - 1 to 2 teaspoons vinegar, to taste
 - ¼ tsp. each salt
 - ¼ tsp. cayenne pepper (optional)
1. In a non-stick saucepan, sauté onions and garlic over MEDIUM-HIGH heat until translucent, about 3 to 5 minutes.
 2. Add blueberries, stirring until they start releasing juice.
 3. Add remaining ingredients.
 4. Cook another 10 to 15 minutes until sauce thickens. Allow to cool before serving.

NOTE: Serve cold with chicken or pork, or use as a spread for poultry, pork or ham sandwiches. Can be stored in the refrigerator for up to 3 weeks.

BLUEBERRY BLING Makes 2 cups

- 3 cups blueberries, fresh or frozen
- 2 tsp. margarine or butter, softened
- 1 Tablespoon all-purpose flour
- 1 Tablespoon brown sugar
- ½ cup rolled oats
- ½ teaspoon cinnamon

1. Preheat oven to 375 degrees F.
2. Place blueberries in a 9-inch pie plate or baking dish.
3. In a small bowl, use a fork to mix margarine, flour, sugar, oats and cinnamon.
4. Sprinkle oat mixture over blueberries.
5. Bake for 25 to 30 minutes. Enjoy warm!
6. Refrigerate leftovers within 2 hours.

WHOLE WHEAT BLUEBERRY MUFFINS Makes 12 muffins

- 1½ cups whole wheat flour
- ¾ cup sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- ⅓ cup vegetable oil
- 1 egg, slightly beaten
- ⅓ cup nonfat or 1% milk
- ½ cup unsweetened applesauce
- 2 cups blueberries, fresh or frozen
- Preheat oven to 400 degrees F. Lightly coat the bottoms of 12 muffin cups with oil or baking spray.
- Mix the flour, sugar, salt and baking powder in a large bowl.
- In a separate bowl, blend vegetable oil, egg, milk and applesauce until smooth. Stir the liquid ingredients into the flour mixture until just moistened. Lightly stir in the blueberries.
- Fill each muffin cup about ¾ full.
- Bake about 20 minutes or until the tops are golden brown.

Note: This recipe can use all-purpose flour or a mix of all-purpose and whole wheat. To bake as a loaf, use an 8 or 9-inch bread pan and bake at 350 degrees F for 45 to 50 minutes.

BLUEBERRY MUG CAKE

- 2 tablespoons almond flour
 - 1 tablespoon coconut flour
 - ¼ teaspoon baking powder
 - Dash salt
 - 2 tablespoons fresh or frozen blueberries
 - 1 tablespoon coconut oil, melted
 - 2 tablespoons plus 1 tsp heavy cream
 - 1 egg
 - 1 tablespoon low carb sugar substitute
 - ¼ teaspoon vanilla extract
 - ¼ teaspoon lemon extract
1. Mix together almond flour, coconut flour, baking powder, and salt in a small bowl. Stir in blueberries. Set aside.
 2. Melt coconut oil in small microwave bowl. Stir in heavy cream, egg, sugar substitute, and extracts.
 3. Beat dry ingredients into liquid ingredients with fork until well combined.
 4. Divide batter between two lightly buttered ramekins or mugs.
 5. Microwave on high from 1 ½ minutes to 2 minutes or until cake is no longer wet.
 6. Serve in ramekins or mug or remove to serve.

KETO/LOW CARB BLUEBERRY CHAFFLES

- 1 cup mozzarella cheese
- 2 tablespoons almond flour
- 1 teaspoon baking powder
- 2 eggs
- 1 teaspoon cinnamon

- 2 teaspoons granular Swerve (sugar replacement)
 - 3 tbsp. blueberries or small handful
 - Non-stick cooking spray
1. Heat mini waffle maker.
 2. In a mixing bowl, add the mozzarella cheese, almond flour, baking powder, eggs, cinnamon, Swerve and blueberries. Mix the ingredients well.
 3. Spray mini waffle maker with non-stick cooking spray.
 4. Add enough batter to cover the bottom of the mini waffle maker. (Don't overfill or the batter will spill out of the sides.)
 5. Close the lid and cook the chaffle for 3-5 minutes. Check it at the 3 minute mark to see if it is crispy and brown. If it sticks, then cook it for 1-2 minutes longer.
 6. Served with a sprinkle of Swerve confectioners sweetener or your favorite keto syrup

BLUEBERRY CHICKEN BREASTS Serves 4

- 1/2 teaspoon Cajun spices
 - 2 teaspoon olive oil
 - 4 halves boneless, skinless chicken breasts
 - 1/3 cup red wine or chicken broth
 - 3 cloves garlic, finely chopped
 - 2 cups blueberries
 - 1 teaspoon grated lemon rind
 - 1 onion, finely chopped
 - 1/4 teaspoon salt
1. Dust chicken breasts with Cajun spices.
 2. Sauté in olive oil until brown and almost cooked through, 7-10 minutes. (If thick, cover and cook 3-4 minutes more.)
 3. Remove chicken breasts from pan and keep warm.
 4. In same pan, sauté garlic and onion until transparent, scraping remaining bits of chicken from bottom of pan.
 5. Add red wine and cook down until most of the liquid is evaporated.
 6. Add blueberries, lemon rind and salt. Simmer for 5 minutes. (If berries are frozen simmer until heated through.)
 7. Add salt and pepper to taste. Let sit for 5 minutes, heat off, for flavors to blend. Spoon over chicken breasts and serve.

RESOURCES:

<https://s3.wp.wsu.edu/uploads/sites/2088/2016/04/blueberries.pdf>

https://foodhero.org/sites/foodhero-prod/files/monthly-magazines/web_blueberry_monthly_july_18.pdf

<https://cdn.dal.ca/content/dam/dalhousie/images/sites/wild-blueberry/pdfs/bluekit.pdf>

Reviewed by Clara Wicoff, Southwind FACS Agent, K-State Research and Extension

Jessika Workman, RN, MBA-HA, CNO, Lovelace UNM Rehabilitation Hospital, Albuquerque, NM

