



## Blueberries, Unsweetened, Frozen

MyPlate Food Group: **Fruit**

USDA  
**Foods**

### Nutrition Information

- 1 cup of frozen blueberries counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Frozen blueberries are naturally low in fat, sodium, and calories. Frozen blueberries do not have cholesterol.
- Frozen blueberries have vitamin C. Vitamin C helps your body maintain healthy skin and gums.
- For specific information about frozen blueberries, please refer to the product's Nutrition Facts Panel or ingredient list.

### Uses and Tips

- Frozen fruit can be used as a natural sweetener in baked items such as breads and muffins.
- Defrost frozen blueberries and serve them as a side dish at any meal.
- Add frozen blueberries to smoothies or fruit salads to add more variety.
- Frozen blueberries are individually-quick frozen, which means, you can open the package, take as much or as little as needed, close the bag and put the rest back in the freezer.
- Frozen fruit may be stuck together when removed from the freezer. Use your hands to break the frozen fruit apart before taking out the amount needed.
- Frozen fruit can be thawed in the refrigerator or it can be thawed during baking/cooking.

### Storing Foods at Home

- Store unopened frozen fruit in the freezer.
- For best quality, store unused portion (after opening) in a sealed air-tight container or freezer safe bag in the freezer to keep out moisture and reduce freezer burn.

### MyPlate Facts

- Fiber from fruit helps keep your heart healthy and helps to reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may help prevent some cancers.
- Any fruit counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried!
- Fresh, canned, dried, and frozen fruit contain nutrients that are important to your health.



## USDA Foods

### **Blueberry Muffins**

*Makes 12 servings*

#### **Ingredients:**

- ½ cup vegetable oil
- 1 cup sugar
- 2 eggs
- ½ cup low-fat milk
- 1 teaspoon vanilla
- 2 cups flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 cups blueberries (fresh or frozen)

#### **Directions:**

1. Preheat the oven to 375°F and grease the muffin pan.
2. In a large mixing bowl, stir the oil and sugar until creamy.
3. Add eggs, milk, and vanilla and mix well.
4. In a medium mixing bowl, stir together the flour, baking powder, and salt.
5. Add the flour mix to the oil and sugar mix in the large bowl. Stir together.
6. Stir the blueberries into the batter.
7. Fill each muffin cup  $\frac{3}{8}$  full with batter.
8. Bake for 25 to 30 minutes.

*Recipe adapted from Husky Nutrition at UConn Health*

### **Wojapi (Dakota Berry Sauce)**

*Makes 8 servings*

#### **Ingredients:**

- 4 cups blueberries, frozen, unsweetened
- ¼ cup water
- 2 tablespoons cornstarch
- Maple syrup (or sugar)

#### **Directions:**

1. In a saucepan, simmer berries in water over low heat, stirring occasionally.
2. Once the berries are broken down into a sauce, spoon out some sauce into a small bowl and whisk in the cornstarch.
3. Whisk until completely dissolved then add cornstarch mixture to the rest of the sauce.
4. Add one teaspoon at a time of maple syrup or sugar to sweeten the mixture.
5. Serve on cornbread or frozen yogurt.

*Recipe adapted from First Nations Development Institute*