

## **BLUEBERRIES STACK UP FOR BREAKFAST AND BEYOND**

Any time you want to make a quick breakfast that will give your day an excellent start, simply layer a few ingredients for a “Super Breakfast Parfait”! Stack fresh blueberries, yogurt and granola in a glass or bowl—or make your parfait in a disposable cup to take with you.

Create your own favorite blueberry parfait combos for breakfast, snacks or dessert. Stack blueberries with ricotta cheese, a little jam and crushed cereal. For a quick dessert: layer fresh blueberries with banana slices and a drizzle of chocolate sauce.

A one-cup serving of blueberries contributes to our daily intake of dietary fiber and vitamin C with only 80 calories. Blueberries also contain antioxidants that may be beneficial to good health.

During the winter months, you’ll find fresh blueberries in half-pint (4.4-ounce) containers. That’s a whole cup of blueberries! And there are many ways you can use them. Here are a few ideas:

- Stir blueberries into warm maple syrup to pour over pancakes.
- Arrange fresh blueberries and orange sections on a plate then dust with cinnamon-sugar and drizzle with honey.
- Make lemon or vanilla pudding according to package directions and stir blueberries into the pudding before chilling.

For more nutrition information and great recipes, visit [www.blueberry.org](http://www.blueberry.org) or send a stamped self-addressed envelope to: Blueberry Recipes, U.S. Highbush Blueberry Council, 2390 E. Bidwell St. #300, Folsom, CA 95630.



**CAPTION:** Simply stack fresh blueberries with yogurt and granola for a “Super Breakfast Parfait”.

**Photo # BC-42**

**Please credit: U.S. Highbush Blueberry Council**