

HANDY SNACK BUBBLING WITH BLUEBERRIES

When it's snack time, blueberries are the perfect choice! Keep blueberries in the fridge or freezer for the whole family to enjoy anytime – stirred into yogurt, tossed into smoothies or just to pop like candy. A quick rinse and blueberries are ready to eat. No peeling, pitting, stemming slicing.

Blueberries are so easy to use, you can get the kids in the kitchen to help make their own snacks. “Blueberry Bubble Cones” take just minutes to make. What could be easier than stirring fresh blueberries into pudding from the dairy case and filling ice cream cones with the mixture. Dot with a few more blueberries, hand them to the kids and away they go. You'll feel good knowing that this yummy snack has only one gram of fat and less than 70 calories per serving.

Including blueberries often in a healthy diet is a convenient way to boost daily amounts of required nutrients. A half-cup serving of blueberries has just 40 calories.

For many more blueberry recipes and information, go to www.blueberry.org. To get a free copy of a leaflet filled with kid-friendly recipes and fun facts, send a SASE to: Welcome Aboard! Leaflet Offer, U.S. Highbush Blueberry Council, 2390 E. Bidwell St. #300, Folsom, CA 95630.

BLUEBERRY BUBBLE CONES

3/4 cup prepared tapioca or rice pudding

1-1/2 cups fresh blueberries, divided

6 ice cream cones

In a medium bowl, stir the pudding to loosen its consistency, if necessary; fold in one cup of the blueberries. Mound the mixture into the cones; dot with remaining blueberries, serve immediately.

YIELD: 6 portions

Per portion: 69 calories; 14 g carbohydrate; 1 g total fat (0.5 g saturated fat); 1 g fiber



CAPTION:

Blueberry Bubble Cones are easy to make and they're good to go!

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