



# Give Your Family More of the Good Stuff!



## Berry Basics Blueberries, Blackberries and Raspberries

*Berries provide vitamin C and fiber. They're also rich in antioxidants, which may protect cells in your body.*



### Shop and Save

- ✿ Berries are in season, and might cost less, from about July to September. Buy extra and freeze for later.
- ✿ Choose firm, plump, full-colored berries. Avoid green berries as well as mushy berries with any mold.
- ✿ Packages should be free of liquid. Flip over the package and check the bottom too.



### All Forms Count!

When fresh berries aren't in season, buy frozen. They'll cost less, and will keep for 8 to 12 months. Frozen berries work great folded into bread, muffin, or pancake batter. Or use them in smoothies, or eat them as a snack.

**Eating Berries?  
Fresh or Frozen –  
the health benefits  
are the same!**

### Longer Storage



**Clean** berries. Pick out any green, mushy or moldy berries. Place berries in a strainer and rinse fully. Pat berries dry with a paper towel or lay out on a shallow pan to dry fully.

**Refrigerate** washed or thawed frozen berries for up to 5 days. Thawed frozen berries will also keep in your fridge for 5 days.

**Freeze** washed and fully dry berries in a freezer-safe container or re-sealable plastic bag. For the best quality, use berries within 8 to 12 months. Label the container or bag with the date and quantity using a marker and tape.

# Easy Berry Recipes

## 1. Overnight Oatmeal

### Ingredients

- 1 cup old-fashioned **rolled oats** (raw)
- 1 cup low-fat **yogurt**
- ½ cup non-fat or 1% **milk**
- ½ cup **berries**, fresh or frozen
- ½ cup chopped **apple**

### Directions

1. In a medium bowl, mix oats, yogurt, and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours.
4. Serve scoops of oatmeal in small dishes, or spoon into small containers with lids for grab-and-go breakfasts.
5. Refrigerate leftovers within 2 hours.

**Yield:** 4 servings, almost 1 cup each

**Prep time:** 15 minutes

**Chill Time:** 6-12 hours

Go to  
[FoodHero.org](http://FoodHero.org) for  
more healthy  
recipes with  
berries.

## Quick Ways to Use Berries

- Add berries to cold cereal or hot whole-grain cereal like oatmeal.
- Fold berries into bread, muffin, or pancake batter.
- Top green salads with berries.
- Eat fresh or frozen berries as a snack.

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## 2. Super Sundae

### Ingredients

- 1 cup vanilla low-fat **yogurt**
- ⅔ cup canned chopped **peaches**
- ⅔ cup fresh or frozen **blueberries**
- 2 tablespoons **granola**

### Directions

1. Divide yogurt between 2 glasses, cups or bowls. Clear glass works well.
2. Spoon half of the peaches and blueberries on top of each serving.
3. Sprinkle each sundae with granola, and enjoy!
4. Refrigerate leftovers within 2 hours.

### Notes

- Substitute any fruit you have on hand: try sliced bananas, canned mandarin oranges, or grapes cut in half.
- Try different flavors of yogurt, like lemon or strawberry.

**Yield:** 2 servings, 1 cup each

**Prep time:** 5 minutes

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