

EAT WELL, AGE WELL. BLUEBERRIES

Did You Know...

- Blueberries ranked number one in antioxidant health benefits in a comparison with more than 40 fresh fruits and vegetables.
- The blueberry is one of the only foods that is truly naturally blue in color. The pigment that gives blueberries their distinctive color—called anthocyanin—is the same compound that provides the blueberry’s amazing health benefits.
- People have been eating blueberries for more than 13,000 years.

Source: <https://www.bcblueberry.com/blueberries-101>



10 Minute Oatmeal Blueberry Pancakes

Ingredients:

- ½ cup rolled oats
- ½ teaspoon baking powder
- 1 single serve container Greek yogurt, plain, fruit flavored or vanilla
- ½ ripe banana, mashed
- 1 egg
- ½ teaspoon vanilla
- Cinnamon
- Additional Fruit of your choice (optional)

Directions

1. In a medium bowl, mix together all of the ingredients, except the additional fruit.
2. Prepare your skillet with non-stick spray or a little oil and heat over medium heat.
3. Pour the batter onto the skillet and add additional fruit if you like.
4. Flip when bubbles appear, and the edges look dry.
5. Enjoy.

Recipe adapted from:
Recipe by Danielle Stadelman, RDN

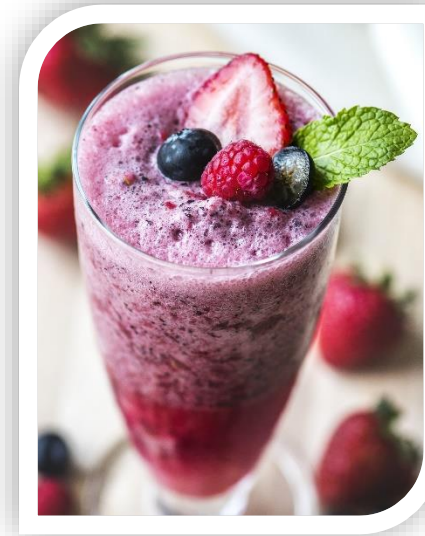
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Reminisce about *Blueberry Hill...*

Louis Armstrong's first recorded the song in 1949. It was redone in 1956 by Fats Domino and it went on to become an international hit. It reached number two for three weeks on the Billboard Top 40 charts, becoming his biggest pop hit, and spent eight non-consecutive weeks at number one on the R&B Best Sellers chart. The version by Fats Domino was also ranked number 82 in Rolling Stone magazine's list of the 500 Greatest Songs of All Time.

What memories do you associate with this song?

Source: [https://en.wikipedia.org/wiki/Blueberry_Hill_\(song\)](https://en.wikipedia.org/wiki/Blueberry_Hill_(song))



Blueberry Hill Smoothie

Ingredients:

- 1 ½ cups apple juice. You can substitute white grape juice, or milk or your choice if you wish.
- 1 banana, halved
- 1 ½ cups frozen blueberries
- ¾ cup vanilla Greek yogurt
- Fresh berries and mint sprigs for garnish- optional

Directions

1. Place the apple juice, banana, blueberries and Greek yogurt in a blender.
2. Blend until completely smooth.
3. Pour into glasses and serve, topped with blueberries and mint if desired.
4. Put on your Fats Domino record and imagine you are back at the malt shop. Enjoy!

Recipe adapted from:

<https://www.dinneratthetoo.com/blueberry-smoothie/>

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Oh My, A Different Blueberry Pie!

Are you trying to cut down on added sugars? Give this recipe a try. It's loaded with wild blueberries piled into a naturally sweet cashew crust.

It takes only minutes to make and is sure to impress guests as well as your taste buds.

Enjoy this nutrient dense pie for dessert, breakfast, or a healthy snack.

Source: <http://www.medicalmedium.com/blog/wild-blueberries>



Raw Wild Blueberry Pie

Ingredients:

- 1/3 cup cashews
- 1/3 cup unsweetened shredded coconut
- 4 cups dates, pitted
- 20 ounces frozen wild blueberries, thawed
- 1 mango, diced

Directions

1. **For the crust**, place the cashews, coconut, and 3 cups of dates in a food processor and blend until thoroughly combined and smooth. Press the crust into a 9-inch pie dish. Cover and refrigerate.
2. **For the filling**, place half of the wild blueberries, the remaining cup of dates, and the mango in a food processor and blend until smooth.
3. Stir in the other half of the blueberries.
4. Pour the filling into the pie crust and allow to set in the refrigerator for at least 40 minutes. Serve cold.

Recipe adapted from:

<http://www.medicalmedium.com/blog/wild-blueberries>

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Did You Know...

- A single blueberry bush can produce as many as 6,000 blueberries per year.
- British Columbia is the largest highbush blueberry growing region in the world.
- Blueberries are Canada's most exported fruit.
- Eating blueberries has been linked to health benefits including a reduced risk of cancer, increased insulin response, a reversal in age-related memory loss, and lowering blood pressure.



Blueberry Orange Breakfast Salad

Ingredients:

- 1-2 cups torn salad greens of your choice
- Blueberry Vinaigrette (recipe follows)
- ½ to 1 cup Fresh blueberries
- ½ to 1 cup Fresh orange sections or canned mandarin oranges, drained
- ¼ to ½ cup Granola

Directions

1. Toss salad greens with the Blueberry Vinaigrette.
2. Arrange orange sections and blueberries on top of each salad.
3. Sprinkle salad with granola. Drizzle dressing on top as desired.
4. Serve immediately.

Blueberry Vinaigrette: In a food processor, combine ½ cup olive oil, ½ cup frozen blueberries (thawed), ½ tablespoon Dijon mustard, 1 tablespoon brown sugar, 1 teaspoons minced shallot, ¼ teaspoon kosher salt, ¼ teaspoon ground white pepper and ¼ teaspoon paprika. Process until mixture is smooth. Chill at least 30 minutes to blend flavors.

Recipe adapted from:
<https://www.bcblueberry.com/recipes/>