



## **BLUEBERRIES FROM CHILE**

### **Available November through March**

#### **Demo Tips**

**Nutrition: The health benefits of blueberries are plentiful. Low in fat and a good source of Vitamin C, manganese and fiber ... they're not called little blue dynamos for nothing!**

- Blueberries have more **cancer-fighting antioxidants** than either wine or green tea.
- Recent studies show that fresh blueberries can help keep skin looking younger, and may improve brain function and help **prevent dementia and Alzheimer's disease**.
- Blueberries have been shown to **reduce the risk of heart disease and some cancers**, and are **natural anti-inflammatories**.
- **Naturally fat-free** and just 42 calories/cup, they're the perfect snack!

#### **Easy Ways to Beat The Winter Blues With Blueberries From Chile**

- Add to your favorite salad. Here's one easy idea for a hearty entree. Cook some quinoa and fold in blueberries, kale, feta, almonds, olive oil and lemon. A hearty, flavorful salad perfect for any season.
- Rejuvenate cocktails/mocktails with pureed or fresh blueberries.
- Put a new twist on an old favorite. Take a graham cracker, top with peanut butter, sliced bananas and blueberries. Cover with another graham cracker and you've got a scrumptious fruit s'more!
- For a yummy pancake or waffle topping, make your own blueberry butter. Just mix 3/4 cup blueberries with a stick of butter and 1 1/2 tbsp. confectioners sugar.

Keep your fresh blueberries for up to 10 days in the fridge but store them unwashed and covered (either the pack they came in or a covered container). Wash just before eating.

For more blueberries usage ideas, go to [www.fruitsfromchile.com/blueberryrecipes](http://www.fruitsfromchile.com/blueberryrecipes).