Frozen blueberries are available all year, specially picked for ripeness and frozen at the peak of freshness, straight from the farm. They make a simple, no-stress snack or addition to your favorite dishes and are as tasty as they are convenient. Easy to store and easy to love, frozen blueberries are a great way to help you meet the recommended daily intake of fruits and vegetables. According to the Dietary Guidelines for Americans, 80% of Americans are not meeting their recommended intake of fruit.¹

The nutrition boost you get from frozen blueberries can be so useful:

**Good source of fiber, at only 80 calories per one cup serving.**
Vitamins and minerals: including vitamin C (3.88 mg/cup), vitamin K (25.4 µg), and potassium (83.7 mg/cup). If you’re getting hungry, we’ve got you covered. Stock the freezer with frozen blueberries and read on for 20 mouthwatering ways to grab a boost of blue.

1. Straight from the bag
2. Whipped into smoothies
3. Baked into muffins and pies
4. Whipped into pancakes
5. Cooked down into sauces to top salmon or chicken
6. Blended into a tangy barbecue sauce
7. Topped on yogurt, or layered into a parfait
8. Sprinkled in breakfast cereal
9. Whipped into overnight oats
10. Folded into homemade snack bars
11. Boiled and canned into homemade jam
12. Added to salsa as a dipper
13. Blended with cream cheese for a dip
14. Pureed for a toddler treat
15. Rolled into homemade fruit leather
16. Mixed into ice cream or frozen yogurt
17. Used as flavored cubes in water instead of ice
18. Added to cocktails
19. Mixed with olive oil, balsamic vinegar for a salad dressing
20. Dipped into frozen yogurt to create frozen bites

How to freeze blueberries at home:

1. Buy a carton of fresh blueberries
2. Pop the carton into your freezer for up to 10 months
3. Rinse, thaw and enjoy!

Frozen blueberries nutrition facts:

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<th>Nutrition Facts</th>
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<td><strong>serving per container</strong></td>
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<td><strong>Serving size</strong> (155g)</td>
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<td><strong>Calories</strong></td>
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References