



# 20 WAYS to Love Frozen Blueberries



Staring down your goals, plans and to-do lists?  
Grab a boost of blue and let frozen blueberries help in the most delicious way.



Simplify your life.



Enjoy the flavor you crave.



Get the nutrition your body and brain require.



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.<sup>1</sup>

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

**Good source of fiber, at only 80 calories per one cup serving.**



**80 cal**  
per cup

**Vitamins and minerals:** including vitamin C (3.88 mg/cup), vitamin K (25.4 µg), and potassium (83.7 mg/cup).<sup>2</sup> 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:

Nutrition Facts	
servings per container	
Serving size	(155g)
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 4g	14%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 0mg	0%
Potassium 84mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## References

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020–2025. 9th Edition. December 2020. Available at: [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)
2. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central. Blueberries, frozen, unsweetened. Available at: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/173950/nutrients>