



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Enjoy a **BLUE** summer!

What goes good with blue skies and a refreshing pool day? **BLUEBERRIES!** They make a refreshing, portable snack or addition to a meal. Add them into your day in a variety of ways. With the nutrients and convenience (just rinse and eat) – you can't go wrong fueling up for all your summer activities with blueberries!



Good things come in small packages:

- 1 cup serving (size of a fist)
- 80 calories
- Anthocyanin (gives their blue color) may help reduce inflammation within the body
- Naturally fat-free and low in sodium
- 4 essential nutrients which help the body
 - ✓ **Fiber** – protects heart health, feeling full, digestive regularity, & cholesterol control
 - ✓ **Vitamin C** – boosts immunity & improves capillary blood flow
 - ✓ **Vitamin K** – regulates blood clotting
 - ✓ **Manganese** – converts nutrients into energy & helps bone development

If you're looking for quick breakfast or snack options while the kids are out of school or to take on your next road trip, try these delicious make-ahead options adapted from BlueberryCouncil.org.

Blueberry Protein Muffins

Ingredients:

- 1 banana, mashed
- 1 cup cooked quinoa
- 1/4 cup vanilla Greek yogurt
- 1/4 cup almond butter
- 1 cup fresh blueberries



Directions:

- Preheat oven to 375 ° F. Spray 6 muffin cups with cooking spray. In large bowl, stir together banana, quinoa, yogurt and almond butter until blended. Fold in blueberries.
- Spoon batter into prepared muffin cups. Bake for 20 to 25 minutes or until golden brown and set in center. Let cool completely.



Blueberry Fruit Leathers

Directions:

- Preheat oven to 225 ° F. In blender, purée all ingredients until smooth. Pour evenly onto parchment paper-lined baking sheet. Spread into thin layer, about 1/8-inch thick.
- Bake for 6-8 hours or until mixture is no longer tacky in the middle and leather is slightly translucent and darkened in color. (If outer edges of fruit leather darken before center is dried fully, reduce temperature to 200 ° F and continue baking).
- Let cool completely. Cut into 1-inch long strips. Roll up in parchment paper strips if desired. Refrigerate in airtight container for up to 2 weeks.

Ingredients:

- 2 cups fresh blueberries
- 2 Tbsps. lemon juice
- 2 Tbsps. maple syrup
- 1 Tbsp. water
- 1 tsp. orange zest

