



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

# Dietitian's Dish

## Start the Day with Addition!

If your new habits for 2023 are already fading, take a different approach. Instead of cutting out or limiting something from your diet, make an ingredient swap or add more nutrient-dense foods. Topping foods with blueberries or nuts & seeds is a simple addition. It's an easy way to live healthier.

Blueberries are a complete package with fiber, vitamins C & K, manganese, and potassium.

With low sodium and no fat, a whole cup is only 80 calories. Create a healthy habit and start the day with breakfast. Whether it's at home or on the go, these simple recipes featuring blueberries are tasty options.

### Slow Cooker Blueberry Peach Oatmeal

#### Ingredients:

- 2 cups water
- 1 cup old-fashioned rolled oats
- 1 cup chopped peaches
- 1 cup fresh blueberries
- 2 Tbsp. maple syrup
- 1/2 tsp. ground cinnamon
- Pinch of salt



#### Directions:

1. Combine all ingredients in the bowl of a small (2- to 4-quart) slow cooker.
2. Cover and cook on High setting for 1-1/2 - 2 hours, or until tender.
3. Optional variations: Top with toasted chopped pecans or almonds, maple syrup, or additional fresh blueberries.

*Recipe and image from [Blueberry.org](https://www.blueberry.org).*

### Blueberry Energy Balls

#### Ingredients:

- 1/2 cup frozen blueberries (thawed)
- 6 dates (pitted)
- 1/2 cup gluten-free oats
- 1/4 cup almond butter
- 1/4 cup chia seeds
- 1 tsp. acai powder (optional)



#### Directions:

1. Place all ingredients in a food processor and pulse until ingredients are combined and sticky.
2. Using our hands, roll mixture into balls, about 1-2 Tbsps. each. If it gets too sticky, dip your fingers into lukewarm water to help smooth the balls out.
3. Place on a plate or in a container, cover and refrigerate for at least 1 hour before serving.

*Recipe and image from [Blueberry.org](https://www.blueberry.org) (created in partnership with Root + Revel).*