

# July is National Blueberry Month!

July is National Blueberry Month, but you can enjoy the healthy benefits of canned blueberries year-round with the following quick tips and tasty recipes featuring canned blueberries.

Blueberries' valuable nutrients offer protection from oxidative damage - a key link to many age-related diseases such as cancer, diabetes and rheumatoid arthritis, among others.

## Quick Tips for Enjoying Canned Blueberries:

- » **As an instant sorbet...** Freeze a can of blueberries. Then whirl frozen blueberries in your blender for an instant sorbet! Get creative; freeze a can of peaches, pineapple or other fruit too, to swirl with canned blueberries for other sorbet flavors... or add fresh mint or cinnamon.
- » **In a refreshing smoothie...** Whirl a can of blueberries in a blender with your favorite yogurt flavor and ice; add a little juice if you like. Enjoy!
- » **For more breakfast nutrition...** Top toaster waffles, pancakes, French toast or breakfast cereal with canned blueberries.
- » **As a colorful dessert topping...** Spoon canned blueberries on ice cream, frozen yogurt or vanilla pudding.
- » **For a sweet condiment...** Top grilled tuna, swordfish, chicken or pork chops with canned blueberries in light syrup. Mix a little fresh mint, ginger or rosemary into the blueberries, if you'd like.
- » **In place of frosting...** Spoon canned blueberries in light syrup over angel food cake, pound cake or chiffon cake.
- » **In a spinach salad...** Drain canned blueberries in water or natural juices, then toss with spinach leaves and dressing.

## Classic Blueberry Sauce

Enjoy this classic blueberry sauce over pancakes and waffles, frozen desserts or custard, angel food or pound cake, or mixed fruit ... or as a glaze for grilled pork, poultry, or seafood. Add your own chef's touch with a flavor variation of your choice!

### Ingredients:

1 can (14-15 ounces) blueberries in light syrup\*  
2 tablespoons lemon juice  
1 tablespoon sugar  
1 tablespoon cornstarch

**Preparation Time:** Approximately 5 minutes

**Cook Time:** Approximately 1 minutes

### Preparation:

In a small saucepan combine blueberries with water, lemon juice, sugar, and cornstarch. Bring to a boil over medium heat; boil for 1 minute until mixture is thickened. Serve warm or cold.

**Servings:** 6

**Nutritional Information Per Serving:** Calories 70; Calories from Fat 0; Total Fat 0g; Saturated Fat 0g; Cholesterol 0mg; Sodium 0mg; Total Carbohydrate 18g; Dietary Fiber 1g; Sugars 12g; Protein 0g

Tip and Recipe From [www.mealtime.org](http://www.mealtime.org)