



# Goodness Frozen

## Frozen Blueberries Make Cool Sweets And Toasty-Warm Treats

(NAPSA)—As the days get cooler and life gets busier, many of us crave comfort foods—and a little bit of berry can go a long way. Fortunately, frozen blueberries are goodness frozen and available year-round. Whether you're grabbing a quick snack on the run, trying new recipes to beat the winter blahs or baking treats to keep you warm, frozen blueberries are ready to help. Stock up your freezer for an easy way to add flavor and nutrients to just about any dish.

Actress, fitness advocate and celebrity mom Alison Sweeney agrees. "Frozen blueberries are one of my favorite, go-to healthy foods! We have them on hand at all times," she said. "It's so convenient—we can reach into the freezer anytime to munch on a handful of frozen blueberries. In the morning, they're perfect to pack in lunchboxes, and one of my favorite recipe hacks is to use them in place of ice for smoothies. If you can't tell, frozen blueberries are definitely a staple at our house!"

### Why Frozen Blueberries

According to the experts at the U.S. Highbush Blueberry Council:

- Frozen blueberries are a good source of fiber and contain beneficial nutrients such as vitamin C.
- Blueberries are individually quick frozen right at the peak of freshness, locking the flavor and nutrition into each berry.
- At only 80 calories a cup, frozen blueberries are a healthful way to add flavor to meals, drinks and snacks.
- Frozen blueberries are a great value—you can keep them in the freezer year-round and use exactly as many as you need, when you need them.
- Getting your daily recommended serving of fruit is easier with frozen blueberries—they're a tasty snack on their own, or you can add them to sweet and savory recipes for extra nutrients.
- You can substitute nutritious frozen blueberries for other sweeteners in foods like plain yogurt, oatmeal or cereal.

### Blueberry-Apple Minimuffins

*Yield: 36 minimuffins*

Blueberry-Apple Minimuffins are a cheerful update of the American classic—warm, sweet and completely snackable. Use frozen blueberries to make baking easy in the fall and winter months; they're frozen at peak freshness to lock in the flavor and nutrients.

- 1½ cups all-purpose flour
- 1 cup oats
- 2¼ teaspoons baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ½ cup sugar
- 2 large eggs
- 1 stick unsalted butter, melted and cooled
- ½ cup milk
- 1 cup peeled and diced apple



Here's a fresh idea: Bake up some wholesome treats using frozen blueberries.

### 1 cup frozen blueberries

Preheat oven to 350° F. Line three minimuffin tins with baking cups or grease lightly. In a medium bowl, whisk together flour, oats, baking powder, cinnamon and salt.

In a separate bowl, whisk together sugar, eggs, butter and milk.

Add wet ingredients into dry ingredients, then stir in apple and blueberries. Divide batter evenly between muffin cups. Bake until tops are golden brown, 20–25 minutes.

For standard-size muffins, line one muffin tin with baking cups or grease lightly. Prepare batter according to recipe above and divide batter evenly between muffin cups. Bake until tops are golden brown, 30–35 minutes. Yield: 12 standard-size muffins.

### Blueberry Salad Flatbread

*Yield: 16–20 pieces*

These flavorful Blueberry Salad Flatbreads brighten up any chilly day. Assembling the flatbreads makes a fun activity for kids, and the whole family will enjoy the savory taste. Frozen blueberries are available year-round to add extra nutrients and a pop of sweetness to these treats.

- 1 pound pizza dough cut into two pieces (14.1-oz package)
- 1 cup shredded mozzarella cheese
- 1 tablespoon extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon honey
- ⅛ teaspoon kosher salt
- ⅓ teaspoon cracked black pepper
- 2 cups packed mixed baby greens
- ½ cup frozen blueberries, thawed
- 1 tablespoon thinly sliced red onion (about 1-inch-long pieces)
- ½ teaspoon lemon zest

Preheat oven to 425° F. On

lightly floured surface, roll each dough piece into oblong shape about 11 inches long. Arrange dough pieces on baking sheet and bake 8 minutes or until just beginning to cook through.

Remove from oven and top each dough piece with ½ cup shredded cheese. Place flatbreads directly on oven rack, cheese sides up, and cook until cheese is melted and slightly golden and flatbread is crispy, 8–10 minutes.

Meanwhile, in bowl, combine olive oil, lemon juice, honey, kosher salt and cracked black pepper. Add mixed baby greens, blueberries and red onion and toss until lightly coated.

Arrange salad mixture on flatbreads, dividing evenly, and sprinkle with lemon zest. Cut and serve.

### Tips On Choosing, Using And Storing Frozen Blueberries

- Find prewashed, unsweetened frozen blueberries in bags or boxes in most supermarket frozen food sections.
- Eat a few frozen blueberries at a time or use them in larger portions—they are individually quick frozen. When you pick up a bag or box, they should feel loose, not clumped together.
- Sprinkle frozen blueberries onto ice cream, yogurt and oatmeal for a boost of sweetness, or pop them right in your mouth for a refreshing treat.
- Blend frozen blueberries into your favorite smoothie or fruit shake recipe for added nutrients.
- Use frozen blueberries to liven up savory staples like burgers, sandwiches and meat glazes with a burst of blueberry sweetness.
- Return any unused frozen blueberries to the freezer promptly; if you've thawed them, cover, refrigerate and use within three days.

### Learn More

For other flavor-packed recipes and ideas for adding frozen blueberries to your family's healthy routine, visit [www.goodnessfrozen.com](http://www.goodnessfrozen.com).