



Blueberries



Delightfully blue and packed with anti-aging and disease fighting power!

Berried Tuna Salad Wrap

Adapted from www.allrecipes.com

- 1 (6 ounce) can tuna, drained
- 2 tablespoons mayonaisse
- 2 cups chopped fresh spinach
- 1 large carrot, shredded
- 1 apple, cored and diced
- ½ cup shredded mozzarella cheese
- ½ cup fresh or frozen blueberries (thawed)
- 4 (10 inch) flour tortillas (whole wheat, can also use pita bread)

Combine the tuna and mayonnaise in a small bowl, mix thoroughly. Combine the spinach, carrot, apple mozzarella cheese, and blueberries in a medium bowl and gently mix in tuna mixture. Stir slowly, to avoid crushing the berries. Scoop the mixture into the center of a tortilla, fold up the bottom and wrap to serve. Makes 4 servings.

Did you know?

Early settlers of America first used blueberries to make grey paint for their houses by boiling the blueberries in milk. They began eating blueberries when their food supplies became scarce.

Tropical Blueberry Smoothie

Adapted from www.dole.com

- 1 can (8 oz.) crushed pineapple, drained
- 1 medium banana, frozen
- 1 cup milk
- 1 cup frozen blueberries

Combine all ingredients in a blender. Cover and blend until thick and smooth. Serve immediately. Makes about 3 cups.

Berry Fruit Salad

- 1 cup blueberries, fresh or frozen (thawed)
- 1 small apple, cored and diced
- 1 banana, sliced
- 1 cup grapes
- 8 oz. vanilla yogurt

Combine blueberries, diced apple, banana, grapes and yogurt. Stir gently until fruit is evenly covered with yogurt. Serve immediately. Makes 6 servings.

You can use any combination of fruit you want in this recipe. Try adding pineapple, mangoes, melons, apples or pears for a fun twist.

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