



## Whole-Wheat Blueberry Pancakes

1 ¼ cups whole-wheat flour  
2 teaspoons baking powder  
1 egg  
1 cup milk  
½ teaspoon salt  
1 tablespoon sugar  
½ cup blueberries

Combine flour and baking powder in one bowl. Blend egg, milk, salt, and sugar together in a separate bowl. Slowly add the dry mix to the wet ingredients and stir together until well mixed. Gently fold in the blueberries. Preheat a large skillet over medium heat and coat with non-stick spray. Pour about ¼ cup batter for each pancake. Flip when bubbly and cook until golden brown on both sides. Top with butter and maple syrup for a delicious breakfast! Makes about 10 pancakes.



## Blueberry Smoothie

1 cup vanilla or plain yogurt  
1 cup blueberries (frozen or fresh)  
1 teaspoon honey  
Dash of milk  
Handful of ice

Put all ingredients in a blender. Blend until it reaches a smooth consistency. Makes one smoothie.

Try other variations by adding banana, strawberries, or oatmeal. Add crunch by topping with nuts or granola.



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# Enjoy Your Blueberries!



Tips and Tricks  
Nutrition Information  
Recipes and Uses





## The Basics of Blueberries

Blueberries pack a mighty punch--they are delicious and nutritious! This tasty super-food is just 80 calories per cup and has virtually no fat. Blueberries are also full of vitamins and minerals that help keep you healthy.

Blueberries contain vitamin C, which helps fight against sickness. Eating blueberries can also help you lower your cholesterol levels, as they are high in dietary fiber. The dark blue or purple color of the berry means that it is high in antioxidants, which help protect you against diseases like cancer, heart disease, and Alzheimer's. Add blueberries to your diet to keep your taste buds and your body happy!

Follow these tips and tricks to ensure you get the most taste and nutrition from your blueberries.

**Picking:** Blueberries are best when they're picked right from the plant. Choose ones that are

plump and a light grayish blue color. These are the sweetest. Avoid ones that are white, small, and hard because they will be sour.

**Care:** Don't wash berries until you are ready to eat them, as they can get mushy. Wash with cool water in a colander. You can keep berries in the refrigerator for about 5-10 days.

**Freezing:** To keep berries longer, consider freezing them for later enjoyment. Spread unwashed berries one layer deep on a sheet-pan and freeze. Transfer them to a container to keep in the freezer. Do this until all of your berries are frozen.



## Blueberry Freezer Jam

4 cups crushed berries (start with 6-8 cups whole berries)  
1.5 cups granulated sugar  
1 (1.59 ounce) packet Ball Freezer Jam fruit pectin

Stir fruit pectin and sugar together until mixed. Stir in the crushed berries. Ladle the jam into clean jars, leaving a ½ inch of space at the top. Cap the jars, let them sit on the counter for 30-45 minutes until thickened, then place in the freezer. The jam keeps for up to 1 year in the freezer and up to 3 weeks in the refrigerator. Yields about 5 half-pint jars. It's perfect on whole-wheat toast or even ice cream!

## No Recipe Needed...

### Try your berries these ways:

- On top of hot or cold cereal
- With yogurt and granola
- In fruit salad
- As an ice-cream topping
- Eat them plain, fresh or frozen!