



WIC...

**Healthy Habits,
Healthy Families**

Blueberries

Blueberries are a good source of fiber and vitamin C. Enjoy blueberries on cereal, in a salad or in pancakes.

Look for
North Carolina
blueberries
from May to
July.

Buying fresh blueberries...

- Select blueberries that are plump, firm, with a dusty-blue color and uniform in size.

Storing fresh blueberries...

- Keep blueberries in the original container in the refrigerator. Do not wash them.
- Use fresh blueberries within 1 week.
- Freeze unwashed blueberries in a single layer on a cookie sheet. Once frozen, put them in a plastic bag or freezer container. Rinse just before using.

Enjoying fresh blueberries...

- Wash blueberries just before eating or using.
- Stir blueberries into cake or muffin batter as the last step.
- Drop blueberries onto pancakes after pouring the batter the griddle.

**Fruits &
Vegetables**



Eat more fruits and vegetables.

Increase fiber.

Blueberry Corn Bread

www.agr.state.nc.us

This recipe uses two WIC foods:
1% milk and a fruit you can buy with
your cash-value vouchers.

Makes
12
servings

Ingredients...

- 1 cup yellow cornmeal
- 1 cup sifted all-purpose flour, plus 1 tablespoon
- ¼ cup sugar, plus 1 tablespoon
- 4 teaspoons baking powder
- ½ teaspoon salt
- 1 egg
- 1 cup 1% milk
- ¼ cup shortening
- 1 cup fresh blueberries, rinsed and drained

Directions...

1. Preheat oven to 425° F.
2. Grease a 8- x 8- x 2-inch baking pan.
3. In large bowl, mix cornmeal, 1 cup flour, ¼ cup sugar, baking powder and salt. Add egg, milk and shortening. Beat with rotary mixer or by hand for 1 minute or until smooth.
4. In small bowl, mix 1 tablespoon flour and 1 tablespoon sugar. Gently toss blueberries with flour and sugar mixture until berries are evenly coated. Fold blueberries into batter.
5. Pour batter into baking pan.
6. Bake for 20 to 22 minutes or until golden brown.
7. Let bread cool before cutting.

Nutrition information...

Calories 150, Fat 5g, Carbohydrate 25g, Protein 3g, Fiber 1g,
Sodium 300mg, Cholesterol 20mg.

Family Goals

- My family and I will try blueberries for a snack.
- My family and I will try a blueberry smoothie.
- My family and I will try blueberries in a salad.
- My family and I will try blueberries on cereal.
- Other _____



North Carolina Department of Health and Human Services
Division of Public Health • Nutrition Services Branch
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