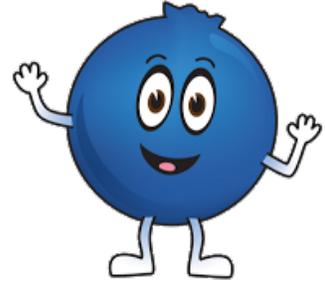


# Blueberries!



## Vitamins and Minerals found in Blueberries

- Vitamin C- Powerful antioxidant, helps the body for and maintain connective tissue.
- Vitamin K- Regulates normal blood clotting, helps in transport of Calcium, may decrease risk of fracture.
- Dietary Fiber- Promotes movement of material through the digestive system.
- Manganese- Helps the body form connective tissues, bones, blood clotting and sex hormones. Also plays a role in metabolism, calcium absorption and blood sugar regulation.



### DID YOU KNOW?

- There are more than 50 different kinds of blueberries!
- Eating blueberries can improve your memory and sense of balance!



### Fun Facts!

- Blueberries protect against memory loss
- They can be used as natural food dye
- Many blueberry-flavored processed foods don't contain real blueberries

### Shopping tips!

- Look for blueberries that are firm, dry, plump and smooth-skinned with a silvery surface bloom.
- Shop primarily around the edge of the store.
- Never shop hungry!
- Always go into the store with a planned out list.

**Q: What do you get when you try to fit 354 blueberries through a door?**

**A: A Blueberry Jam!**



## Blueberry Dessert Pizza

### Ingredients

- 1 (10-inch) flour tortilla
- ½ teaspoon butter, softened
- 3 teaspoons sugar, divided
- 1/8 teaspoon ground cinnamon
- ½ cup whipped cream cheese
- ½ cup fresh blueberries
- ½ cup mixed fruit (such as grape halves and mandarin oranges)



### Instructions

Preheat oven to 400°F

Place tortilla on an un-greased baking sheet

Spread with butter

In a cup, combine 1 teaspoon of the sugar and the cinnamon

Sprinkle evenly over the tortilla

Bake tortilla until edges just begin to brown, 3 to 4 minutes

Remove to a serving plate

In a small bowl, combine the remaining 2 teaspoons sugar with the cream cheese

Spread evenly over the crisp tortilla

Arrange blueberries and other fruit on top

Cut in 4 wedges and serve immediately