Nutrition Info
Blueberries provide vitamins C & E, manganese and fiber.

½ cup of blueberries has only 40 calories.

Fun Facts
Blueberries were once called “star berries” because the five points of blueberry blossoms make a star shape!

The U.S. grows and supplies about half of the world’s blueberries.

The blueberry is the second most popular berry in the U.S., second only to the strawberry.

Uses
Add fresh blueberries to homemade whole wheat pancakes, waffles and muffins.

Top your favorite cereal or oatmeal with a handful of fresh berries.

Make fresh fruit kabobs by stacking blueberries, kiwi and strawberries on toothpicks. Enjoy as is or dip in yogurt!

Suggested Books
Blueberries for Sal by Robert McCloskey
Blueberry Mouse by Alice Low
Blueberry Girl by Neil Gaiman

Family Friendly Activity
Visit a blueberry farm this summer and pick and freeze your own blueberries!
Blueberry Oatmeal Pancakes
Serves 6 (2 pancakes/serving)

Ingredients:
- 2 cups quick oats
- 2 cups buttermilk
- ½ cup whole wheat flour
- 2 Tbsp. sugar
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon
- ¼ tsp. salt
- 4 egg whites
- 2 Tbsp. olive oil
- 1 cup blueberries, fresh or frozen

Directions:
In a large bowl, combine oats and buttermilk; let stand for 5 minutes. In a medium bowl stir together flour, sugar, baking powder, baking soda, cinnamon and salt. Add dry mixture, eggs, oil and blueberries to oatmeal; mix until combined. Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle. Cook until bubbles form and the edges are dry, about 4 minutes. Flip and cook until browned on the other side, about 4 minutes more. Repeat with remaining batter.

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLaCrosse.org