

chartwells

# BLUEBERRIES

**blueberries**  
Inspiring Possibilities™  
U.S. Highbush Blueberry Council



# BLUEBERRIES FULL OF FLAVOR

Whether fresh, frozen, canned or dried, blueberries are always a great choice. At only 80 calories per serving, blueberries are an easy, healthy menu option that kids love to eat.



Available year-round, blueberries add a burst of flavor and fun to breakfasts, entrees and snacks. Plump, juicy and sweet blueberries are packed with nutritional benefits including:



**FIBER**



**VITAMIN C**



**VITAMIN K**



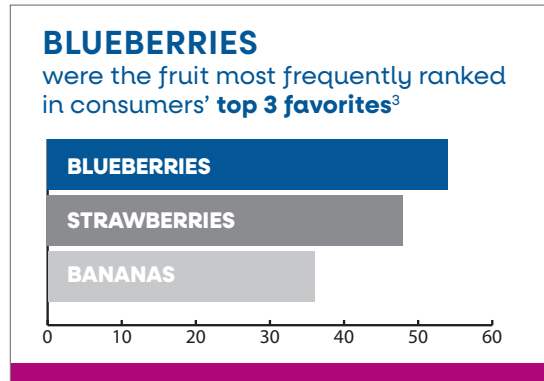
**MANGANESE**

# Did you know?

## Key Stats

**WHEN CONSUMERS SEE BLUEBERRIES ON MENUS:**

- 65%** perceive menu items with blueberries as healthier or better for them than those without<sup>1</sup>
- 52%** of consumers say blueberries make menu items more appealing<sup>1</sup>
- 24%** think the restaurant offers healthy fare<sup>2</sup>
- 20%** order the specific item<sup>2</sup>



**CONSUMERS' TOP DRIVERS TO PURCHASE BLUEBERRIES<sup>3</sup>**

- Blueberries have superior health benefits to other fruits
- Fresh blueberries are in season
- My family loves the taste of blueberries

- 93%** of consumers consider blueberries a health food
- 83%** of consumers consider blueberries the best source of antioxidants
- 60%** of consumers consider blueberries healthier than other fruits

**PER CAPITA** consumption of blueberries grew<sup>4</sup> 1994-2014

**600%**

**75%** OF AMERICANS ARE ON THE PATH TO PURCHASE BLUEBERRIES<sup>1</sup>

+10% from 2013-2017

**Consumer Blueberry Consumption**

Increasing dramatically

**FRESH +68%** Year-Over-Year<sup>3</sup> **FROZEN +424%**

**ALL-TIME HIGH**

**66%** of consumers are aware of the **HEALTH BENEFITS** of BLUEBERRIES<sup>3</sup>

**2020**

CONSUMERS WANT **MORE** BLUEBERRIES

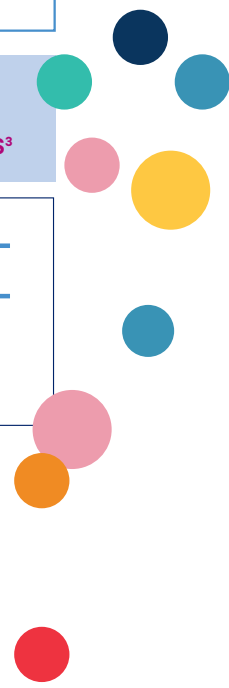
**RETAIL SALES UP 13%**

Across all forms: fresh, frozen, conventional and organic<sup>4</sup>

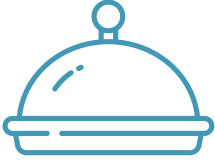
CONSUMERS WANT:

**MORE IMMUNITY BOOSTERS ON THE MENU<sup>5</sup>**

- 51%** wish immunity-boosting foods/ingredients were an option at all of the places they dine out
- 48%** want immunity boosting ingredients in everything they eat (burgers, burritos, pastas, pizza, etc.)



# Berry Trio Parfait: Breakfast



8 servings



Fresh Blueberries



No Cook



## Ingredients

Fresh blueberries 1 quart

Low Fat Blueberry Yogurt 1 quart

WG Blueberry Muffin Top, Place & Bake 8

## Directions

### 1. Prepare

1. Bake muffin tops according to manufacturer's recommendation and then completely cool them.
2. Break them into bite sized pieces.

### 2. Assemble

*Portion = 1 serving*

1. Place half of the muffin crumbles into the bottom of a serving cup.
2. Add 1/4 cup of blueberries.
3. Add 1/2 cup of blueberry yogurt.
4. Add the other half of the muffin crumbles
5. Finish by topping with 1/4 cup of blueberries



# Berry Trio Parfait: Lunch



8 servings



Frozen Blueberries



No Cook



## Ingredients

Fresh blueberries 1 quart

Low Fat Blueberry Yogurt 2 quart

WG Blueberry Muffin Top, Place & Bake GM 16

## Directions

### 1. Prepare

1. Bake muffin tops according to manufacturer's recommendation and then completely cool them.
2. Break them into bite sized pieces.

### 2. Assemble

*Portion = 1 serving*

1. Place half of the muffin crumbles into the bottom of a serving cup.
2. Add 1/4 cup of blueberries.
3. Add 1/2 cup of blueberry yogurt.
4. Add the other half of the muffin crumbles
5. Finish by topping with 1/4 cup of blueberries



# Chilled Blueberry Soup



8 servings



Fresh Blueberries



No Cook



## Ingredients

Frozen blueberries	1 quart
Orange Juice, 100%	1 cup
Granulated Sugar	1/2 cup
Ground Cinnamon	1/2 tsp
Ground Nutmeg	1/2 tsp
Lemon Juice, Fresh	1 tbsp
Whole Milk	2 cups
Mint Spring, Fresh	1 each



## Directions

### 1. Heat Fruit

1. Combine berries, orange juice, sugar and spices in a large sauce pan.
2. Over medium heat, stir while bringing to a boil.
3. Remove from heat and allow to cool slightly.

### 2. Blend

*Portion = 3/4 cup*

1. Add contents of sauce pan along with the lemon juice to food processor or blender.
2. Slowly add milk and blend or process until liquefied, scraping inside edges of container midway through to incorporate skin filaments.

### 3. Chill & Serve

1. Refrigerate until chilled and garnish with mint if desired.

# Blueberry Super Food Slaw



Portion: 3/4 cup



Fresh & Frozen  
Blueberries



No Cook



## Ingredients

Fresh blueberries 2 tbsp.

Fresh broccoli stems 2 tbsp.

Shredded red cabbage 2 tbsp.

Carrots, fresh,  
matchstick 2 tbsp.

Fresh baby kale 2 tbsp.

Kosher salt 1/8 tsp.

Unsweetened frozen  
blueberries 1 1/2 tsp.

Balsamic vinegar 3/4 tsp.

Dijon mustard 1/4 tsp.

Kosher salt <1/8 tsp.

Ground black pepper <1/8 tsp.

Honey 1/2 tsp.

Canola oil 1 tbsp.

Apple juice, 100% 1/2 tsp.

Lemon juice 1/2 tsp.

## Directions

### 1. Make slaw mix

*Portion size = 3/4 cup*

*(6 oz. spoodle)*

1. Peel the broccoli stems and then cut them into julienne (matchstick) sized pieces.\*

### 2. Prepare dressing

*Portion size = 1 fluid oz*

3. Combine unsweetened frozen blueberries, balsamic vinegar, dijon mustard, <1/8 tsp Kosher salt, ground black pepper, honey, canola oil, apple juice and lemon juice in a blender or bowl with a wire whip and blend until completely smooth.

### 4. Combine ingredients

Toss all ingredients with the dressing and make sure everything is evenly coated.



# Italian Blueberry Ricotta Topping



Portion: 3 oz.



Frozen Blueberries



No Cook



## Ingredients

Unsweetened frozen blueberries	1 qt., 2 1/4 cup + 3/8 cup
Granulated sugar	3/4 cup, 1 1/2 tsp.
Grated lemon zest	2 tbsp., 1/4 tsp.
Fresh orange zest	2 tbsp., 1/4 tsp.
Part skim ricotta	3 cup, 2 tbsp.
Honey	3/4 cup, 1 1/2 tsp.
Pure vanilla extract	3/4 tsp
Ground nutmeg	3/4 tsp
Ricotta	1/2 oz.

## Directions

### 1. Mix Ingredients

1. Mix thawed blueberries, sugar and half of the lemon and orange zest (1 tsp. each).\*
2. Wrap, label and date and allow to macerate 2 - 4 hours under refrigeration.
3. In a mixer or bowl, mix ricotta cheese with a wire whip until light and fluffy.
4. Drizzle in honey, vanilla the remaining lemon and orange zest (1 tsp. each) and nutmeg and incorporate well.

### 2. Serve

*Portion size = 1.5 oz. ricotta + 1.5 oz. blueberries (3/8 cups)*

Top your favorite pancakes, waffles, French toast or biscuits

