

## Super Blueberries!



Blueberries may be small but they pack a healthy punch! Sweet, tangy and intensely blue, blueberries are rich in antioxidants such as vitamins C and E. These natural substances, found in fruits and vegetables, fight aging, cancer and heart disease. Blueberries also contain compounds that may help ward off urinary tract infections. Recently, researchers at Tufts University analyzed 60 fruits and vegetables for their antioxidant capability. Blueberries came out on top, rating highest in their capacity to destroy free radicals.

Ripe blueberries should be stored in a covered container in the refrigerator where they will keep for about a week. Ripe berries can also be frozen. Spread the berries out on a cookie sheet or baking pan, place in the freezer until frozen, then put the berries in a plastic bag for storage in the freezer. Berries should last up to a year in the freezer. Add this superfood to your diet today!

- Sprinkle berries and wheat germ on yogurt
- Mix frozen berries into hot oatmeal
- Whip into a smoothie with yogurt, banana, ice and soy or nonfat milk
- Drop some onto whole wheat buttermilk pancakes just before turning them.



### Low-Fat Blueberry Bran Muffins - 12 SERVINGS

#### INGREDIENTS

- 1 1/2 cups wheat bran
- 1 cup nonfat milk
- 1/2 cup unsweetened applesauce
- 1 egg
- 2/3 cup brown sugar
- 1/2 teaspoon vanilla extract
- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup blueberries

## **DIRECTIONS**

1. Preheat oven to 375 degrees F (190 degrees C). Grease muffin cups or use paper muffin liners. Mix together wheat bran and milk, and let stand for 10 minutes.
2. In a large bowl, mix together applesauce, egg, brown sugar, and vanilla. Beat in bran mixture. Sift together all-purpose flour, whole wheat flour, baking soda, baking powder, and salt. Stir into bran mixture until just blended. Fold in blueberries. Scoop into muffin cups.
3. Bake in preheated oven for 15 to 20 minutes, or until tops spring back when lightly tapped.

Calories: 123, Total Fat: 0.9g, Cholesterol: 18mg, Sodium: 250mg, Total Carbs: 28.3g, Dietary Fiber: 4.3g, Protein: 3.7g

\*recipe from [allrecipes.com](http://allrecipes.com)