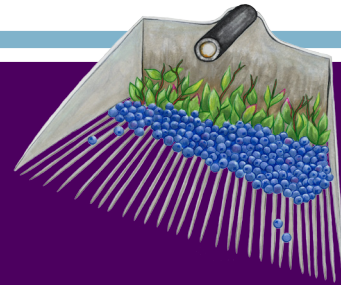


FUN FACTS

Maine has 44,000 acres of wild blueberries that grow naturally in fields and barrens that stretch along the Downeast coast to the state's southwest corner. Wild blueberries hold a special place in Maine's agricultural history—one that goes back centuries to Maine's Native Americans.

SOURCES: Wild Blueberry Commission of Maine, University of Maine Cooperative Extension

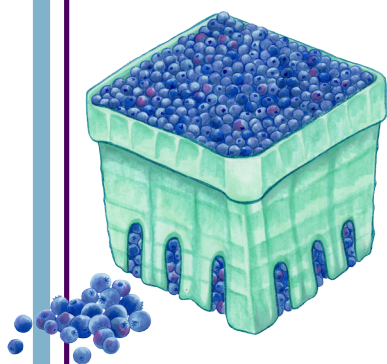


Wild blueberries are packed with antioxidants and fiber. They are also an excellent source of manganese, which is important for bone development.

NUTRITION

RECIPE: WILD BLUEBERRY SMOOTHIES

YIELD: 100 - 9oz SERVINGS



INGREDIENTS

13 1/2 lbs (50 cups) wild blueberries, thawed
14 cups (3 1/2 quarts) orange juice
50 cups (3 gallons) vanilla yogurt

PREPARATION

1. Add orange juice and wild blueberries to blender.
2. Purée until smooth. Add yogurt and purée until well-mixed.
3. Portion into 9 oz cups.

MEAL PATTERN CONTRIBUTION

1 oz M/MA
1/2 cup fruit juice

Recipe provided by Wild Blueberry Commission of Maine

RECIPE: BLUEBERRY & BRAN MUFFINS

YIELD: 36 SERVINGS (1 muffin)

INGREDIENTS

1 1/2 qt bran cereal
1 qt low-fat milk or low-fat buttermilk
1 qt whole-wheat flour
2 2/3 cups brown sugar, packed
2 cups applesauce
4 large eggs
1 Tbs + 1 tsp baking soda
1 Tbs + 1 tsp baking powder
2 tsp vanilla extract
2 tsp Kosher salt
1 qt + 1/3 cup frozen wild blueberries, thawed and drained

PREPARATION

1. Combine cereal and milk in a large bowl; let stand for 15 minutes.
2. Add flour, sugar, applesauce, eggs, baking soda, baking powder, vanilla and salt. Mix until just combined. Cover and refrigerate at least 1 hour or overnight.
3. Preheat convection oven to 375°F or conventional oven to 400°F. Coat 36 muffin tin cups with cooking spray or use muffin tin liners.
4. Fold in blueberries until just combined. Scoop about 3 Tbs batter into each prepared muffin tin. Bake until the muffin tops spring back lightly when tapped, 15 to 20 minutes.



MEAL PATTERN CONTRIBUTION

1.5 oz whole grain
1/8 cup fruit

Adapted from Vermont's New School Cuisine Cookbook

