

Michigan Fresh

For more information on recommended varieties, storage, food safety and preservation techniques for fruits and vegetables, visit Michigan Fresh at http://msue.anr.msu.edu/program/info/mi_fresh, or visit the MSU Extension kiosk at the Detroit Eastern Market.



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Blueberries

Michigan-grown blueberries are available during July and August.

Blueberries chosen for freezing are processed at their peak ripeness, a time when they are most nutrient packed and most delicious.

Frozen blueberries may be even more healthful than some of the fresh produce sold in grocery stores since the product will degrade over time.

Americans typically eat only one-third of the recommended daily intake (three servings instead of nine) of fruits and vegetables due to availability and cost. Preserving blueberries and other fruits and vegetables by freezing them when they are at their nutritional peak allows people to use them throughout the year.



Yogurt Berry Parfait

Yield: 4 servings

INGREDIENTS

- » 2 cups yogurt (low-fat or fat-free, plain or vanilla*)
- » 1 cup frozen banana (sliced)
- » ½ cup frozen blueberries
- » ½ cup frozen strawberries (sliced)
- » Other optional frozen fruit (raspberries, peaches, pineapple or mangos)
- » 1 cup granola

COST

Per recipe:

\$3.83

Per serving:

\$0.96

INSTRUCTIONS

1. Thaw the fruit.
2. Line up 4 parfait or other tall glasses.
3. Spoon about ¼ cup of yogurt into each glass.
4. Top with about ¼ cup of fruit.
5. Sprinkle with 2 tablespoons of granola.
6. Repeat the process.

SOURCE: Recipe adapted from Food and Nutrition Information Center. Retrieved from USDA, SNAP-Ed Connection, Yogurt Berry Parfait at <http://recipefinder.nal.usda.gov/recipes/yogurt-berry-parfait>

*Low-fat vanilla yogurt used for cost analysis

Note: Optional ingredients are not included in the cost analysis.

