



BENEFITS

Because they're like little blue pearls!

Wild blueberries are an excellent source of antioxidants. In addition to being exquisitely delicious, they embellish a multitude of dishes and freeze very easily.

Because they're part of our history!

While its twin, the bilberry, originated in Europe, the blueberry is native to North America. Over 60 million pounds of blueberries are harvested in Quebec each year, much to the delight of some 400 blueberry farmers. Eating blueberries is a great way to support local producers.



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



BLUEBERRY SMOOTHIE

Portions: 1 to 2  5 min

Ingredients

- 125 ml (1/2 cup) plain soy milk
- 125 ml (1/2 cup) vanilla yogurt
- 125 ml (1/2 cup) fresh or frozen blueberries
- 1 banana, sliced
- 5 ml (1 tsp) maple syrup or honey

Directions

Combine all the ingredients in a food processor and blend.

Source: Kristina Parsons, RD



TIP!

Freeze blueberries in peak season to have them on hand for smoothies all year. Mix the frozen berries in a blender with milk and a little sugar to obtain the desired consistency and taste.



BLUEBERRY OATMEAL PANCAKES

Portions: 4 to 6  10 min  3 min per pancake (12 pancakes)

Ingredients

- 250 ml (1 cup) rolled oats
- 250 ml (1 cup) wheat our
- 5 ml (1 tsp) baking powder
- 5 ml (1 tsp) baking soda
- 30 ml (2 tbsp) sugar or maple syrup
- 1 pinch of salt
- 1 egg
- 375 ml (1 1/2 cup) milk
- 375 ml (1 1/2 cup) blueberries, fresh or frozen
- Blueberries, maple syrup, plain or vanilla yogurt (toppings)

Directions

1. In a large bowl, combine the rolled oats, our, baking powder, baking soda, sugar and salt.
2. Add the egg and milk and combine using a whisk.
3. Add the blueberries.
4. In a non-stick pan, pour 60 ml (1/4 cup) of the pancake mix (brush the pan with canola oil if needed). Cook 1 to 2 min over medium heat. Turn the pancake and cook another 1 to 2 min.
5. Serve topped with maple syrup, yogurt and blueberries.

Source: Recipe inspired from the Dairy Farmers of Canada dairygoodness.ca/recipes

