

BREAKFAST BEGINS WILD

WILD BLUEBERRY SMOOTHIE RECIPES AND TIPS



Wild
Blueberries™

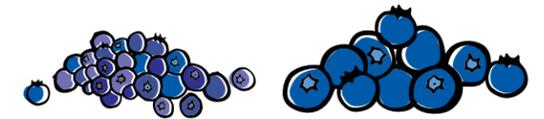
BREAKFAST BEGINS WILD

Make sure you're meeting all the needs of the most important meal of the day with this collection of delicious breakfast smoothies from some of our favorite health and food bloggers. These nourishing breakfast smoothies are packed with fiber, protein, and healthy carbs to fill you up and give you the boost you need to kick-start your day!

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THERE ARE TWO KINDS OF BLUEBERRIES.
ONLY ONE CAN CHANGE
YOUR SMOOTHIE.



WILD VS. REGULAR

ONE SERVING OF WILD
BLUEBERRIES CONTAINS:

2X

the antioxidants of
regular blueberries

32%

less sugar than
regular blueberries

MORE INTENSE

blueberry taste than
regular blueberries

72%

more fiber than
regular blueberries

8X

the manganese
per serving vs.
regular blueberries

FROZEN

no ice needed,
nutrition locked in



For the best blueberry smoothie
pick tiny, potent **Wild Blueberries**

FIND THEM IN THE FROZEN AISLE

HEALTHY **Wild** SMOOTHIES START HERE Blueberries™

5 SIMPLE STEPS TO YOUR PERFECT SMOOTHIE

1 FROZEN FRUIT FIRST

Every healthy smoothie starts with **frozen Wild Blueberries** because they're loaded with antioxidants and phytonutrients; they also provide fiber, natural sweetness, and delicious taste. Frozen Wild Blueberries deliver a perfect cool consistency with every sip.

2 VEGGIES NEXT

Smoothies are a great way to **sneak a serving or two of veggies into your day**, and veggies matter, because they provide the fiber, vitamins, minerals, and essential nutrients that your body needs every day.

3 CHOOSE YOUR LIQUID

Liquid is essential for controlling the thickness and drinkability of your smoothie. Liquids also offer a way to stay hydrated, restore electrolytes, and even add some calcium and protein to your smoothies.



SEE NEXT PAGE FOR OPTIONS & TIPS

4 THICKEN IT UP

Stay satisfied longer and improve your digestion by adding probiotics, creamy blend-able proteins, and other fiberrich natural ingredients to your smoothies. Thickening up your smoothie the smart way keeps your body humming.

5 HEALTH AND FLAVOR BOOSTERS

The finishing touch on the perfect smoothie can be as simple as a teaspoonful of flaxseeds, a pinch of nutmeg, a lemon zest, or a sprig of mint. A host of flavorful boosters can turn an average smoothie into a shareable moment.

THE ULTIMATE SMOOTHIE INGREDIENTS BLEND IT UP—DRINK TO YOUR HEALTH

FROZEN FRUIT FIRST 1 CUP

Tip: Bring harmony to your smoothie by adding antioxidant-rich frozen Wild Blueberries that are low in sugar, high in fiber, and full of intense blueberry flavor.

- Always start with $\frac{3}{4}$ cup frozen Wild Blueberries
- From there, you can add another $\frac{1}{4}$ cup of your favorite fruit (the possibilities are endless)



VEGGIES NEXT 1-2 CUPS

Tip: The amount of veggies you need each day depends on your age, gender, and physical activity, but the average adult needs between 2-4 cups per day, and smoothies are a great place to sneak them in.

- Veggies are important because they are full of fiber, vitamins, minerals and essential nutrients
- We suggest dark leafy greens, such as arugula, spinach, and kale (and, as with fruit, the possibilities are endless)



CHOOSE YOUR LIQUID $\frac{3}{4}$ -1 CUP

Tip: Smoothies are a great way to get and stay hydrated. Some liquids can help pump up your calcium, protein, antioxidants, and electrolytes too.

- Try adding traditional dairy milk or nut milks, such as almond, hemp or coconut milk
- For lighter, fresher smoothies, try water, coconut water, kombucha, or green tea



THICKEN IT UP $\frac{1}{4}$ CUP

Tip: Improve your digestion and stay full longer by adding probiotics, creamy blendable proteins, and other fiber-rich natural ingredients.

- For probiotic action, try adding plain yogurt, Greek yogurt, or kefir
- For easy sources of blendable protein, try tofu or cottage cheese
- Rolled oats can thicken up your smoothie and keep you satisfied



HEALTH & FLAVOR BOOSTERS PINCH, DASH, OR TABLESPOON

Tip: Keep your smoothies fresh and interesting with these little extras to boost protein, nutrition, and flavor.

- Seeds & powders: chia, flax, hemp, protein
- Herbs & spices: ginger, nutmeg, cinnamon, basil, mint
- Zests & extracts: lemon, lime, orange, vanilla, almond
- Healthy fats: avocados, nut butters



TROPICAL WILD BLUEBERRY SMOOTHIE

SERVES 2

INGREDIENTS

- 1 cup frozen Wild Blueberries
- 1 banana
- ½ cup frozen pineapple
- 2 tablespoons unsweetened coconut flakes
- 2 tablespoons flaxseeds
- ½ cup cottage cheese
- 1 cup unsweetened coconut milk beverage (or milk of your choice)

METHOD

Simply add the frozen Wild Blueberries, banana, pineapple, coconut flakes, flaxseeds, cottage cheese, and coconut milk beverage into a blender.

Blend until smooth.

Top with additional frozen Wild Blueberries, coconut, or pineapple.



FLAXSEED

Not all fats are created equal. Omega-3 essential fatty acids are one of the “good fats” shown to have heart-healthy benefits.

RECIPE BY: Julie Harrington is a Registered Dietitian and the author of the blog *RDelicious Kitchen* where she shares her culinary creations with healthy twists. When she is not blogging, she is a Supermarket Dietitian helping customers and employees improve their health through food choices. She is also the author of the cookbook: *Meal Simple - The Camp Shane Cookbook: Quick, Easy, Delicious & Healthy Recipes*. Finally, Julie is an exercise enthusiast having completed three half marathons and several 5K races. She is also a certified spin instructor.

JULIE HARRINGTON



WILD BLUEBERRY BLOOD ORANGE AND GINGER SMOOTHIE

SERVES 2

INGREDIENTS

- 2 cups frozen Wild Blueberries, plus additional for topping, if desired
- Zest and juice of 1 blood orange
- ½ teaspoon fresh grated ginger
- 2 tablespoons ground flaxseeds
- ½ block (about 7 ounces) soft tofu, drained
- 1¼ cups unsweetened coconut milk beverage (or milk of choice)

METHOD

Add ingredients to blender and blend on high until smooth. Add additional milk if needed to reach desired consistency.

Transfer to glasses and top with additional frozen Wild Blueberries, if desired.



GINGER

Not only does ginger help with digestion but it adds spicy contrast and an extra flavor kick to sweeter smoothies.

RECIPE BY: Stephanie McKercher, RDN, is a registered dietitian nutritionist (RD/RDN) with a background in integrative oncology and plant-based wellness and the voice behind the blog *The Grateful Grazer*. Her blog focuses on helping people achieve optimal wellness and reduce risk for chronic disease by helping them rediscover the delicious benefits of whole foods. Her recipes have been featured on *Livestrong*, *Mind Body Green*, *Food Gawker*, *Well + Good*, *Healthy Aperture*, *One Green Planet* and *Finding Vegan*. In addition to blogging, she has a private nutrition practice in Boulder, Co., where she lives with her husband.

STEPHANIE MCKERCHER



WILD BLUEBERRY MANGO PROTEIN SMOOTHIE

SERVES 1

INGREDIENTS

1 cup frozen Wild Blueberries
1½ cups almond milk
½ cup mango (cubed, frozen)
3 tablespoons plant-based protein powder
1 tablespoon coconut oil
1 teaspoon sprouted ground flaxseeds
½ teaspoon moringa powder

METHOD

Add all ingredients to a blender and blend until creamy and smooth.

Top with additional frozen Wild Blueberries and/or mango chunks, if desired.



COCONUT OIL

Coconut oil is a healthy fat that boosts memory and cognitive function and increases energy.

RECIPE BY: Karielyn Tillman is a freelance recipe developer, food photographer, and creator of *The Healthy Family and Home* blog where her focus is on simple recipes, using real food and clean ingredients. She is the author and photographer of the eCookbook series "Clean Eating: Desserts, Snacks, Smoothies and more!", which features clean eating recipes that are organic, vegan, gluten-free, and without refined sugar. Her recipes and photos have been published in *Redbook*, *Go Gluten Free! Magazine* and *The Non-GMO Cookbook: Recipes and Advice for a Non-GMO Lifestyle*, as well as, in several digital publications. She is a regular recipe contributor to *One Green Planet*, *Primal Palate*, *Raw Food Recipes*, *Healthy Recipes Magazine* and her recipes have been featured on over 200 websites across the internet including *Redbook*, *SkinnyMs*, *Brit+Co*, *Babble*, *BuzzFeed*, *Boston*, *NoshOnIt*, *Greatist*, *Swide*, *Bambu*, *Daily Burn*, *Dr. Axe*, and *Kris Carr*.

KARIELYN TILLMAN



WILD BLUEBERRY BREAKFAST SMOOTHIE

SERVES 1

INGREDIENTS

- 1 cup frozen Wild Blueberries
- ½ avocado
- ¼ cup hemp seeds
- 1 small banana, frozen
- 1 large handful baby spinach
(or whatever green you have on hand)
- 2 dates, pitted
- 8 ounces unsweetened
coconut milk beverage

METHOD

Blend all ingredients in a high-powered blender.

This smoothie is not very sweet. Add more dates to achieve desired sweetness, if necessary.

Pour into glass; garnish with frozen Wild Blueberries or hemp seeds, if desired.



HEMPSEED

A great protein source, Hemp Seeds derive more than 25% of their total calories from high-quality protein.

RECIPE BY: Danielle Omar is a registered dietitian, clean-eating coach, teacher, and cookbook author. She is a passionate food and nutrition educator and founded Danielle Omar Nutrition to support busy men and women on their journey to becoming their healthiest self. An avid cook, she also enjoys sharing plant-based recipes and nutrition strategies on her *Food Confidence blog*. Danielle has a Master's degree in Nutrition and has been teaching nutrition at the college level for over 10 years. She has contributed to local and national media outlets such as *The Washingtonian*, *The Washington Post*, *The New York Times*, *Shape Magazine*, and *Women's Health Magazine*. Through her private nutrition practice, media work, and group programs, Danielle has successfully motivated hundreds of busy professionals and families to eat confidently and live a healthy life.

DANIELLE OMAR





WILD BLUEBERRY & KEFIR BREAKFAST SMOOTHIE

SERVES 2

INGREDIENTS

- 1 cup frozen Wild Blueberries (plus additional for garnish)
- 1 cup vanilla kefir
- 1 small ripe banana, peeled
- 1 long sheet honey-flavored graham crackers, broken up (plus additional for garnish)
- 1 small handful fresh baby spinach

METHOD

- Place ingredients in a blender and process until smooth.
- Divide between two glasses and garnish with graham cracker crumbs and frozen Wild Blueberries, if desired.
- Serve immediately.



KEFIR

High in nutrients and probiotics, Kefir is considered incredibly beneficial for digestion and gut health.

RECIPE BY: Sally Kuzemchak, MS, RD, is a registered dietitian, author, educator, and mom. She blogs about feeding kids and staying sane at *Real Mom Nutrition*. She's also a blogger for *Parents magazine*. Her work has been published in nearly 20 consumer magazines including *Eating Well*, *Health*, and *Prevention* and she collaborated with *Cooking Light* on a cookbook for busy families called *Dinnertime Survival Guide*. She lives in Columbus, Ohio, with her husband, two young sons, and one dog.

SALLY KUZEMCHAK



MAKE YOUR NEXT
BREAKFAST BEGIN
WILD

wild
Blueberries™
TINY, POTENT, FROZEN

For more smoothie recipes and other good stuff,
visit wildblueberries.com/smoothies