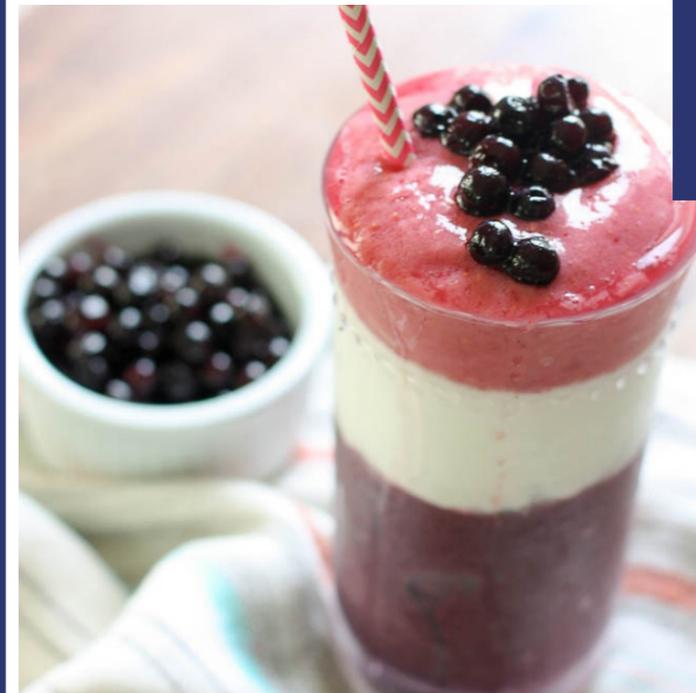




WILD BLUE SUMMER

Go **WILD** with these refreshing Wild Blueberry recipes.



Wild
Blueberries®

PICK WILD

FOR YOUR SUMMER SIPS, SNACKS AND SPREADS!

Frozen Wild Blueberries are wildly different from the regular blueberries you find in the produce section. Don't be fooled by their small size—these tiny berries have more intense blueberry flavor and double the antioxidants of regular blueberries! Born of the thin, glacial soils of Maine, Eastern Canada and Quebec, these tiny, potent, wild berries are easily accessible in the frozen aisle of your grocery store and will turn your favorite summer eats into super-food specialties. So serve up some deliciousness, and enjoy this Wild Blue Summer with recipes that will keep you and your family cool, hydrated and refreshed all summer long!

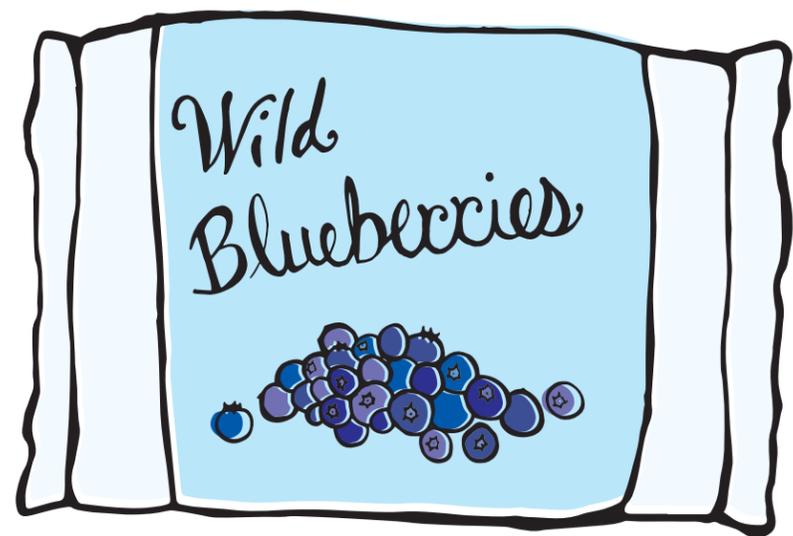
There's no better place to start than with this collection of exclusive Wild Blue Summer Recipes from some of our favorite health and food bloggers.

Make sure you're ready to get wild—stock up on Wild Blueberries from your supermarket's frozen fruit section!

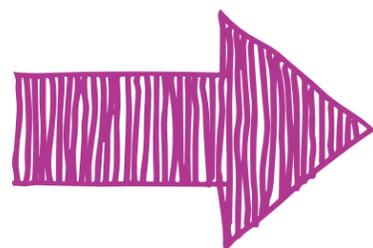


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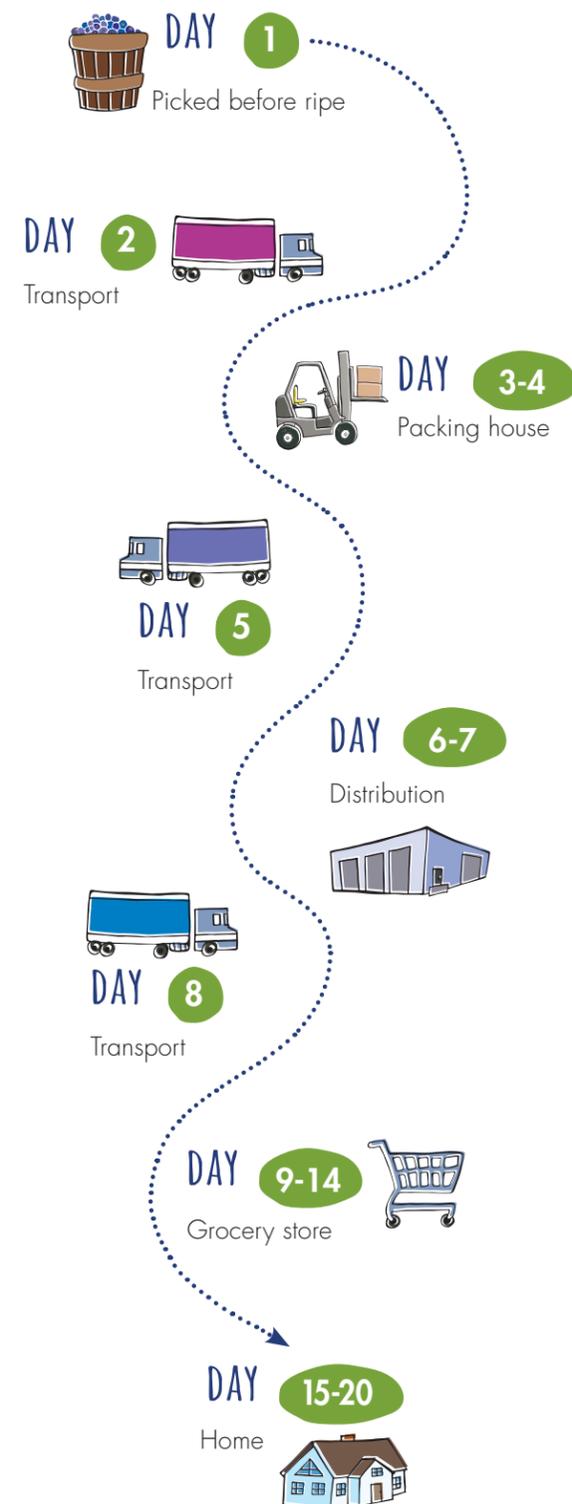


FROZEN IS FRESHER INFOGRAPHIC



FRESH BLUEBERRIES

15+ DAYS*



FROZEN WILD BLUEBERRIES

24 HOURS



FROZEN FACTS:

FREEZING IS NATURE'S PAUSE BUTTON

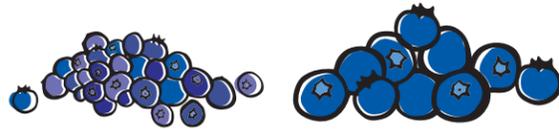
- Flash freezing fruit locks in fresh taste, nutrition, and convenience.
- Research shows frozen fruit is often nutritionally superior to its fresh counterpart**
- Frozen food can help reduce the food waste epidemic in the US.
- 40% of all food produced in the US is not eaten. That's \$162 billion in wasted food each year.
- Frozen food generates 47% less food waste than ambient and chilled food in the home.



*Transit time for fresh blueberries to a grocery store is an estimate. Time from harvest to grocery store may vary depending on the shipping origin. <http://www.fruitandvegetable.ucdavis.edu/files/197179.pdf>

** Source: <http://www.frozenfoodfacts.org/assets-foundation/misc/images/JFCA%20Frozen%20Food%202017.pdf>

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

MORE INTENSE

blueberry taste than regular blueberries

8X

the manganese per serving vs. regular blueberries



32%

less sugar than regular blueberries

72%

more fiber than 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

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 **3/4 cup frozen Wild Blueberries**
- From there, you can add another 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 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 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

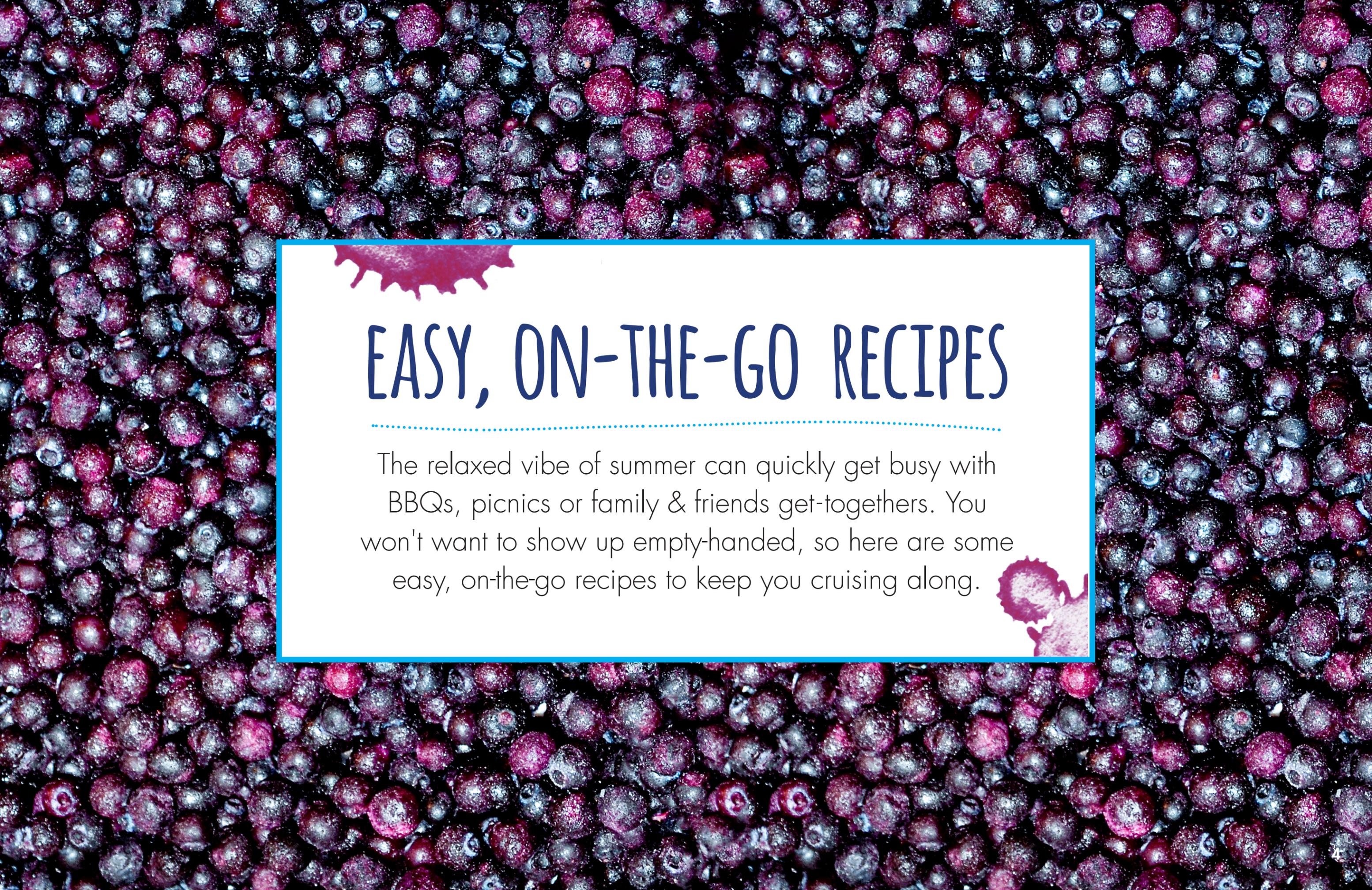


HEALTH & FLAVOR BOOSTERS PINCH, DASH, OR TABLESPOON

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





EASY, ON-THE-GO RECIPES

The relaxed vibe of summer can quickly get busy with BBQs, picnics or family & friends get-togethers. You won't want to show up empty-handed, so here are some easy, on-the-go recipes to keep you cruising along.



WILD BLUEBERRY ORZO SALAD

SERVES 4-6

INGREDIENTS

- 1 cup orzo (cook according to package directions)
- ½ cup frozen Wild Blueberries, thawed
- ¼ cup sliced almonds
- 1 cup chickpeas, drained and rinsed
- 2 cups baby spinach or arugula
- 1 bunch asparagus, chopped
- ¼ cup crumbled feta cheese
- 1 tsp. olive oil
- Sea salt and pepper, to taste

FOR THE DRESSING:

- 2 Tbsp. olive oil
- 2 Tbsp. white wine vinegar
- ¼ cup frozen Wild Blueberries, thawed
- ½ tsp. Dijon mustard

METHOD

Cook the orzo until al dente. Drain and set aside to cool.

Heat olive oil in medium skillet; sauté asparagus tips and stems until they turn bright green. Don't overcook as they will be mushy in the salad.

Toss orzo, asparagus, Wild Blueberries, almonds, and chickpeas together in a large bowl.

Combine all the dressing ingredients in a blender or food processor and blend until smooth (you can leave some Wild Blueberry chunks in the dressing). Pour the dressing over the orzo and toss well to coat evenly.

Serve over baby spinach and top with feta cheese and add more Wild Blueberries on top for fun and a pop of color!

DANIELLE OMAR, MS, RDN

Food Confidence

Danielle Omar is a registered dietitian, clean eating coach, teacher, and cookbook author. She has a Master's degree in Nutrition and has been teaching nutrition at the college level for over 10 years.



SAVORY WILD BLUEBERRY GREEN SMOOTHIE

SERVES 2

INGREDIENTS

- 1 cup frozen Wild Blueberries
- ½ cup low-fat plain Greek yogurt
- ½ avocado
- ½ cup packed spinach
- 1 Tbsp. lime juice (from one lime)
- 2 tsp. lime zest (from one lime)
- 2 tsp. lemon zest (from one lemon)
- 2 Tbsp. basil (approximately 7 leaves)
- 2 ice cubes
- 1 cup unsweetened coconut milk beverage

METHOD

1. Blend all ingredients together until smooth and creamy.
2. Divide into two glasses. Serve immediately.

To make a layered smoothie:

1. Blend avocado, spinach, lime juice and zest, lemon zest, basil, ice cubes and ½ cup coconut milk until smooth and creamy.
2. Pour green smoothie layer into two glasses.
3. Then blend frozen Wild Blueberries, yogurt and ½ cup coconut milk until smooth and creamy.
4. Pour into glasses over green layer.
5. Serve immediately.

KARA LYDON, RD, LDN, RYT

The Foodie Dietitian

Kara Lydon is a nationally recognized food and nutrition expert and yoga teacher based in Boston. Kara has most recently been featured in *Fitness*, *Shape*, *Today's Dietitian*, *Environmental Nutrition*, and *Food & Nutrition Magazine*.





SIMPLE SUMMER SNACK RECIPES

If the kids are home, chances are they're already asking about their next snack. Be prepared and treat them to something super fun that's also sneaky healthy. And remember to treat yourself, too—fill up on this delicious, energy-boosting smoothie to help keep you on your toes while the kids keep running in circles.



WILD BLUEBERRY FRUIT LEATHER

SERVES 4-6

INGREDIENTS

3 cups frozen Wild Blueberries

1 medium apple (red or green),
chopped with skin left on

1-2 Tbsp. honey

METHOD

Measure out frozen Wild Blueberries and allow them to thaw for 1-2 hours (that will make blending easier).

Place frozen Wild Blueberries in a high-speed blender along with the chopped apple and honey and process until smooth, scraping sides as needed.

Pour mixture into a medium saucepan and cook over medium heat for 13 minutes, stirring occasionally at first, then constantly when mixture begins to really bubble. Set aside.

Preheat oven to 170 degrees (or close, depending on how low your oven will go) and line a rimmed baking sheet with a silicone baking mat (such as a Silpat).

Pour mixture onto baking mat and spread with a spatula. The mixture will probably be within an inch or so from the edges of the baking sheet (it should be thin but you should not be able to see the mat through the puree). Holding sheet on either end, tap the pan on the counter several times to distribute the mixture evenly across the mat and remove any air bubbles.

Place baking sheet in the oven and set timer for two hours. After two hours, check the leather, then continue to check it every 15-20 minutes until it's done. Your leather is done when it's slightly dry to the touch and doesn't come off on your fingers (the edges may be done first.)

Cut leather into strips with a pizza cutter and roll, or place strips onto parchment paper cut to size, and roll.

SALLY KUZEMCHAK, MS, RD

Real Mom Nutrition

Sally Kuzemchak 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.





RED WHITE & WILD BLUEBERRY LAYERED SMOOTHIE

SERVES 1

INGREDIENTS

Bottom Layer:

- ¼ cup Greek yogurt, plain
- ⅓ cup frozen Wild Blueberries
- ½ banana, frozen
- 1 tsp. peanut butter powder
- ½ tsp. honey or few drops liquid stevia

Middle Layer:

- ¼ cup Greek yogurt, plain
- ¼ cup Coconut whipped topping
- ½ banana, frozen
- 1 tsp. honey or few drops liquid stevia

Top Layer:

- ¼ cup unsweetened coconut milk
- ⅓ cup frozen raspberries (or fresh)
- ¼ cup frozen cherries

METHOD

Combine ingredients for first layer in a blender. Blend well and pour into a tall glass.

Place glass upright in the freezer. Wait about 10 minutes.

Clean out blender and prepare second layer. Remove glass from the freezer and pour in second layer. Return glass to freezer.

Clean out blender and prepare third layer. Remove glass from freezer and pour in final layer.

Top with more Wild Blueberries and serve immediately.

DANIELLE OMAR, MS, RDN

Food Confidence

Danielle Omar 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*. You can see more of her recipes on her blog, *Food Confidence*.





NO-BAKE SUMMER-SWEET RECIPES

It's hot enough without turning on the oven. Turn off the oven and create a healthy indulgence with these no-bake desserts that are full of flavor and light on the guilt.

WILD BLUEBERRY SOFT SERVE ON GRILLED PINEAPPLE STACKS

SERVES 2

INGREDIENTS

2 slices pineapple
2/3 cup frozen Wild Blueberries
3 bananas, frozen
1-3 Tbsp. unsweetened coconut milk
1/8 tsp. vanilla extract
1/2 tsp. honey or few drops liquid stevia
2 Tbsp. brown sugar
Pinch sea salt

METHOD

To make the ice cream, blend frozen bananas, Wild Blueberries, vanilla extract and 1-2 tablespoons of coconut milk in a blender or food processor until desired soft-serve texture. Taste for sweetness and add honey or stevia, if desired. Transfer to a bowl and freeze while you grill up the pineapple.

Place pineapple in a large bowl or sealable bag with brown sugar and a pinch of salt. Rub both sides of the pineapple with brown sugar (or seal bag and shake to coat). Preheat grill pan to high heat and lightly butter or oil the pan. Grill pineapple for 2-3 minutes per side, or until proper grill marks appear.

Serve slightly cooled pineapple with Wild Blueberry soft serve and top with additional Wild Blueberries.

DANIELLE OMAR, MS, RDN

Food Confidence

Danielle Omar is a registered dietitian, clean-eating coach, teacher, and cookbook author. 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.



WILD BLUEBERRY PIE SMOOTHIE

SERVES 1

INGREDIENTS

- 1 cup frozen Wild Blueberries
- ½ frozen banana
- 3 Tbsp. coconut flakes
- ¼ cup coconut cream*
- 2 Tbsp. graham cracker crumbs
- 2 Tbsp. vanilla protein powder
- 1 cup coconut milk beverage

**Use canned coconut cream, or skim coconut cream off the top of a can of full-fat coconut milk.*

METHOD

Blend all ingredients together until smooth and creamy.

Serve immediately.

KARA LYDON, RD, LDN, RYT

The Foodie Dietitian

Kara Lydon offers nutrition and culinary coaching, consults with corporate wellness clients, and partners with like-minded food brands and organizations on recipe development, food photography, and nutrition communications.





KEEP COOL SMOOTHIE RECIPES

On hot summer days, staying hydrated is incredibly important for all members of the family. Stay refreshed and splash into these beverages that are colorful and kid-friendly.



WILD BLUEBERRY CHIA FRESCA

SERVES 1

INGREDIENTS

¼ cup frozen Wild Blueberries
12 oz. fresh cold filtered water
1 Tbsp. chia seeds
½ lime, juiced
1 tsp. honey or few drops liquid stevia

METHOD

Stir chia into water and let sit for 10-20 minutes.
Add lime juice and Wild Blueberries. Sweeten to taste, stir and serve over ice, if desired.

DANIELLE OMAR, MS, RDN

Food Confidence

Danielle Omar, MS, RDN 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.





WILD BLUEBERRY CREAMSICLE SMOOTHIE

SERVES 1

INGREDIENTS

- ¾ cup fresh-squeezed orange juice
- ½ cup frozen Wild Blueberries
- ¼ cup coconut cream
- ¾ tsp. pure vanilla flavoring
- Ice (optional)

METHOD

Place the orange juice, frozen Wild Blueberries, coconut cream, and vanilla in your blender.*

Puree until smooth.

Pour into a glass and serve with a straw!

**If a cooler, slightly thicker drink is desired, blend in some crushed ice.*

Protein Shake Option: Blend in 1 frozen banana, broken into chunks, and 2 tablespoons of your favorite dairy-free vanilla protein powder. It will have a little bit of a banana flavor and be sweeter, but still delicious.

ALISA FLEMING

Go Dairy Free

Alisa Fleming is the founder and Chief Editor of *GoDairyFree.org*, an online magazine and the leading dairy-free website. A natural food product ambassador, she works closely with brands that cater to dairy-free consumers.





HAVE A
WILD
BLUE SUMMER!

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

Wild
Blueberries®
TINY, POTENT, FROZEN