Wild Blueberry Recipes

Wild Summer Sips
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 will turn your favorite summer sips into superfood specialties.

So serve up some deliciousness—and feed your Wild Side with this collection of wonderful Wild Blueberry Sips from some of our favorite health and food bloggers!

Make sure you’re ready to get Wild—stock up on Wild Blueberries from your supermarkets’ frozen fruit section!
Wild Blueberry Coconut Lemonade

SERVES 4

INGREDIENTS
1 cup frozen Wild Blueberries
2 cups sparkling water, divided
1 cup coconut water
¼ cup evaporated cane juice
Juice of 4 lemons

INSTRUCTIONS
Place half of the sparkling water (1 cup), coconut water, frozen Wild Blueberries, evaporated cane juice, and lemon juice in a blender. Blend until smooth. Stir in remaining cup of sparkling water. Pour into glasses and serve.

Alexis Joseph | BLOG: hummusapien
Alexis Joseph, MS, RD, LD is the passionate foodie and whole-foods enthusiast behind the plant-based food blog Hummusapien. She is the co-creator of Alchemy Juice Bar + Cafe, an innovative health food space located in Columbus, OH. In addition to developing Alchemy’s menu and overseeing operations, Alexis provides on-site personalized nutrition counseling as Alchemy’s Director of Nutrition and Communications. Her work has been featured in The Huffington Post, Women’s Health Magazine, Self Magazine, Shape Magazine and PopSugar Fitness. Alexis is also a healthy living blogger for The Huffington Post.

For more Wild Blueberry recipes visit wildblueberries.com
Wild Blueberry Anti-Inflammatory Smoothie

SERVES 3

INGREDIENTS
1 frozen banana
(or 1 avocado to reduce sugar)
¾ cup frozen Wild Blueberries
¾ frozen blackberries
1½ cups unsweetened almond milk
1 teaspoon bee pollen
¼ cup raw walnuts
1 cup baby spinach
1 teaspoon spirulina powder (optional)

INSTRUCTIONS
Combine all the ingredients in a blender and blend until smooth. Serve immediately.

“My boyfriend and I created this delish smoothie after he needed an anti-inflammation kick! We loved the natural, positively packed anti-inflammatory powers from the Wild Blueberries, blackberries, and walnuts—it tastes like a berry milkshake!”
- Candice Kumai

CANDICE KUMAI | AUTHOR: Clean Green Drinks and the NEW Clean Green Eats
WEBSITE: CandiceKumai.com

Candice Kumai is a four-time bestselling author, chef, and health journalist. As E! News’ resident food and health expert, she is the cohost of the food special Food Envy. At age twenty-three, Candice Kumai was the youngest chef to compete on Bravo’s inaugural season of Top Chef. After almost a decade of fashion modeling, and a degree in interpersonal communications, she received her professional training from Le Cordon Bleu College of Culinary Arts in California. Candice has been featured regularly on Dr. Oz, Access Hollywood, The Today Show, CBS Early Show, GMA, The Doctors, The Talk, Extra, the Cooking Channel, the Food Network, Top Iron Chef, Simply Ming and Beat Bobby Flay. She is currently the Resident Culinary Advisor at Clean Eating Magazine, the former food editor at large at Shape and i, and her previous cookbooks include Cook Yourself Thin, Pretty Delicious, Cook Yourself Sexy, and Clean Green Drinks.

ABOUT CLEAN GREEN EATS
Released in June Clean Green Eats: 100+ Clean-Eating Recipes to Improve Your Whole Life is the latest cookbook from Candice Kumai, a chef, bestselling author and Health Journalist. It’s full of colorful photos, inspiring whole-food meals and mouthwatering recipes for every occasion. In her new cookbook, Candice makes it effortless to live a cleaner, greener lifestyle by committing to a wholesome diet of natural, low-sugar, nutrient-dense ingredients. She starts off with an overview of wholesome ingredients—including a guide to choosing the most nutrient-rich fruits and vegetables, whole grains, healing herbs and spices. Next, she offers a simple and clean 2-week cleanse—which includes juices, smoothies, and clean, green meals—to detox the body and kickstart weight loss.

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**Wild Blueberry & Chia Seed Smoothie**

**SERVES 1 - 2**

**INGREDIENTS**
- ¾ cup 100% orange juice
- ½ cup vanilla Greek yogurt (low-fat or regular)
- ½ cup frozen Wild Blueberries
- ½ cup frozen mango chunks
- 1 teaspoon chia seeds

**INSTRUCTIONS**
Place the orange juice, yogurt, frozen Wild Blueberries, mango and chia seeds in a blender, and blend until well combined. Pour into individual glasses and serve with a straw.

“**The great thing about smoothies is their ease as well as their ability to pack in a lot of nutrition quickly.**”
- Liz Weiss

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**LIZ WEISS | BLOG:** Meal Makeover Moms

Liz Weiss, MS, RDN is the 2015 recipient of the Media Excellence Award from the Academy of Nutrition and Dietetics. She’s a cookbook author, radio podcast host, and co-founder of Meal Makeover Moms, a leading blog for parents in search of better ways to feed their family a super-nutritious diet. She’s also the co-author of two great books: No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms and The Moms’ Guide to Meal Makeovers: Improving the Way Your Family Eats, One Meal at a Time, and she recently released a mobile recipe app called Meal Makeovers.

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Wild Blueberry & Coconut Energy-Boosting Smoothie

SERVES 1 - 2

INGREDIENTS

1 cup frozen Wild Blueberries
½ banana
4 oz. coconut water
4 oz. unsweetened almond milk
¼ cup chopped walnuts
1 pitted date
handful of ice cubes

INSTRUCTIONS

Place all ingredients together in a high powered blender and blend to combine. Top with additional walnuts or shredded coconut for garnish.

“This smoothie will certainly satisfy while at the same time providing an excellent source antioxidants, fiber, protein, potassium and electrolytes to help keep you hydrated and energized!”

- Donna Castellano

DONNA CASTELLANO | BLOG: thehangingspoon

Donna Castellano is a Registered Dietitian/Nutritionist with a M.S. in Clinical Nutrition from The University of Medicine and Dentistry of N.J. She has over 15 years of experience in the field of nutrition and dietetics. In 2014, she created The Hanging Spoon as a way to bring her love of nutrition, healthy eating and cooking to everyone. It is on her blog where she shares her photographs, stories and vegetarian recipes that help inspire a healthy lifestyle.

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Wild Blueberry Recovery Smoothie

SERVES 1 - 2

INGREDIENTS

1 cup frozen Wild Blueberries
1 small banana
1 6-oz container plain Greek yogurt
1 tablespoon chia seeds
1 tablespoon walnuts
⅓ cup coconut water

INSTRUCTIONS

Blend all ingredients until smooth.

“Refueling within 30 or so minutes of exercising is not only important to tame hunger throughout the rest of the day, but also because your muscles need nutrients to adequately repair themselves.”

- Anne Mauney

ANNE MAUNEY  |  BLOG: fANNEtasticfood
Anne Mauney is a Washington, D.C. based registered dietitian and the writer behind the food and fitness blog fANNEtastic food, which she started as a way to motivate others to lead happier, healthier lives through nutrition and exercise. Anne has a Masters of Public Health in Nutrition and owns a private practice where she helps clients to lose or maintain weight, feel healthier, and improve their relationships with food. Her fitness tips and recipes have been featured in The Huffington Post, Glamour, SHAPE, Fitness Magazine, Health Magazine, The Washington Post and Woman’s Day.

For more Wild Blueberry recipes visit wildblueberries.com
Wild Blueberry Soda

SERVES 4

INGREDIENTS

1 cup frozen Wild Blueberries divided
Juice of 2 limes
4 ounces Wild Blueberry juice
2 ounces simple syrup or agave nectar
2 1/2 cups club soda or soda water
Fresh mint leaf

INSTRUCTIONS

1. Make a tray of Wild Blueberry ice cubes by placing about 1 to 2 teaspoons of berries per cube in an ice cube tray. Reserve 1/4 cup of the Wild Blueberries for the drink.

2. Carefully mix the lime juice with the remaining frozen Wild Blueberries, Wild Blueberry juice and syrup or agave.

3. Pour the juice mixture evenly among four glasses, top each with the soda, stir and

KIT BROIHIER    |     Nutrition Advisor to the Wild Blueberry Association of North America (WBANA)
Kit Broihier, MS, RD, LD is a Registered and Licensed Dietitian and co-author of several cookbooks, including Everyday Gluten-Free Slow Cooking. She contributes regularly to a variety of publications and blogs and was previously on the editorial staff at Good Housekeeping. Kitty also does recipe development, menu consultation, web content development and teaches cooking classes. She’s an active member of the Academy of Nutrition and Dietetics and has served on the Board of Directors for the Maine Academy of Nutrition and Dietetics, including two terms as President. She is currently the nutrition advisor to the Wild Blueberry Association of North America.

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Wild Blueberry Frozen Tea Pops

SERVES 6

INGREDIENTS

6 Bigelow Wild Blueberry Acai Tea Bags
1½ cups water
4 tablespoons sugar
1 cup frozen Wild Blueberries

INSTRUCTIONS

1. Bring the water to a boil in a small saucepan. Turn off the heat. Add the tea bags to the boiling water and allow them to steep for 10 minutes.

2. After steeping, remove the tea bags and gently squeeze them to release any extra tea from the bags. Add sugar and stir until dissolved. Add frozen Wild Blueberries to the tea concentrate. All of this then goes into a blender or food processor and processed until the blueberries are incorporated with the tea.

3. Pour mixture evenly into 6 popsicle molds and freeze according to your popsicle maker instructions.

Note: You may want to add more or less sugar. After adding your sugar, taste the tea concentrate to see if you need more sugar.

“Cool off with Wild Blueberry Frozen Tea Pops. They are bursting with Wild blueberry flavor.”
- Brandie Valenzuela

BRANDIE VALENZUELA | BLOG: homecookingmemories
Brandie Valenzuela is a wife, mom of 4, and food blogger that lives in Las Vegas, NV. She believes that home cooking doesn’t have to be complicated to make great food memories, so she shares easy recipes that get you out of the kitchen fast on her blog, Home Cooking Memories. When she’s not cooking for her family, she enjoys road trips, comic book conventions, and crafting.

For more Wild Blueberry recipes visit wildblueberries.com
Make this summer a summer to remember.

Pick Wild.

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