

Produce of the Month



Enjoy fresh & free Blueberries

Keep an eye out for
our mobile Produce
of the Month cart
around campus!

April 1

1 p.m.- 3 p.m.

Fresh Food Company

April 15

10 a.m.-12 p.m.

Campus Recreation

Every Wednesday, Champion's
Choice, Fresh Food Co, and
Juniper Dining will be featuring
a healthy recipe with the
Produce of the Month!

USF UNIVERSITY OF
SOUTH FLORIDA

Wellness Education & Dining Services

SHOPPER TIPS

- Look for blueberries with deep blue color.
- Blueberries should be firm, dry, plump and smooth skinned.

WHAT'S IN IT FOR YOU?

- High in antioxidants.
- Blueberries are a good source of Vitamin C, Vitamin K, and potassium.
- High in soluble fiber which helps lower cholesterol.

SERVING IDEAS

- Fresh or dried blueberries add a colorful punch to cold breakfast cereals.

PEAK SEASON

- Florida blueberries are available April through June, with peak availability in April.

STORAGE

- Never allow blueberries to dry out. Use a damp paper towel to help keep moisture in the package and rinse just prior to eating.
- In the fridge for up to 10 days.
- Blueberries can be stored frozen for up to six months.

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Black and Blue Berry Smoothie

TIME: 10 minutes • **SERVINGS:** 4

INGREDIENTS:

- 2 cups blackberries
- 2 cups blueberries
- 1 cup fat free plain yogurt
- 1 cup fat free milk
- 1 tsp vanilla extract
- 2 cups ice

DIRECTIONS:

1. Place all ingredients into blender and blend until smooth. Serve immediately.

NUTRITION FACTS (PER SERVING):

BLACK AND BLUE BERRY SMOOTHIE

Calories: 120, **Calories from Fat:** 5, **Total Fat:** 1g, **Saturated Fat:** 0g,
Trans Fat: 0g, **Cholesterol:** 2mg, **Sodium:** 70mg,
Total Carbohydrates: 26g, **Dietary Fiber:** 5g, **mSugars:** 17g, **Protein:** 6g,
Vitamin A: 10%, **Vitamin C:** 40%, **Calcium:** 15%, **Iron:** 4%

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