

## Berries

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Have you enjoyed berries; blueberries, cranberries, blackberries, raspberries, or strawberries. Now is the time to do just that—berries are in season! You will find lower prices than the at other times of the year. Consider purchasing berries this them of year to eat fresh as well as buying extra to freeze. Berries contain vitamin C, fiber, folate, and vitamin K, learn more at: <https://food.unl.edu>



### HOW TO FREEZE BERRIES:

1. Wash berries under cool running water.
2. Drain well and pat dry with clean paper towels.
3. Remove berries that are immature or defective.
4. Place berries in a single layer on a baking sheet.
5. Freeze berries until firm, than package in freezer bags or appropriate containers. Leave head space.
6. Seal and freeze to enjoy at a later date.

- Puree raspberries, sieve out seeds, & use as a melba sauce over peaches, ice cream, or frozen yogurt.
- Add fresh berries & a few nuts to hot or cold cereals.
- Top fresh berries with plain nonfat yogurt and granola for breakfast, snack or dessert.
- Bake berries into muffins or cobblers.
- To reduce fat, choose one-crust berry pie recipes over two crusts pies.
- Combine your favorite berry into a fresh lettuce salad & top with a vinaigrette dressing.

### BLUEBERRY OAT SCONES

1 1/2 C oat bran	2 eggs
1 1/2 C flour	1/4 c honey
1/4 c brown sugar	1/4 c buttermilk
1 tsp baking soda	1/2 tsp run extract
1/4 c margarine or butter	1/2 tsp vanilla extract
	1 pint fresh blueberries

Preheat oven 400°F. Lightly grease baking sheet. Mix oat bran, flour, brown sugar, & baking soda. Cut margarine/butter into mixture. Beat eggs & honey in a separate bowl. Add buttermilk & extracts to egg mixture. Pour into oat bran mixture, stir until moistened. Stir in blueberries.

Drop by tablespoons onto baking sheets. Bake for 25 to 30 minutes. Serve hot.