

Blackberries



Key Points

- ▶ Excellent source of vitamins C and K and a good source of fiber. Contain carotenoids and flavonoids that may be good for health.
- ▶ Choose blackberries that are shiny and not bruised or leaking.
- ▶ Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- ▶ Refrigerate blackberries for three to six days; wash just before using.

Blackberry Breakfast Bars

Number of servings: 20

Ingredients:

- 2 cups fresh or frozen blackberries
- 2 tablespoons granulated sugar
- 2 tablespoons water
- 1 tablespoon lemon juice
- ¾ teaspoon ground cinnamon, divided
- 1 cup all-purpose flour
- 1 cup quick-cooking rolled oats
- ⅔ cup brown sugar, packed
- ⅛ teaspoon baking soda
- ½ cup butter, melted

Per serving: 33 calories; trace fat (0 g saturated fat); trace protein; 9 g carbohydrate; trace dietary fiber; 0 mg cholesterol; 11 mg sodium.

Directions:

- ▶ Heat oven to 350°F.
- ▶ In a medium saucepan, combine berries, sugar, water, juice, and ½ teaspoon cinnamon. Bring to a boil, then reduce heat and simmer uncovered for 8 minutes, stirring frequently. Remove from heat. Set aside.
- ▶ In a medium mixing bowl, stir together flour, oats, brown sugar, ¼ teaspoon cinnamon, and baking soda. Stir in melted butter until thoroughly combined.
- ▶ Set aside 1 cup of the oats mixture for topping.
- ▶ Press remaining oats mixture into an ungreased square baking pan.
- ▶ Bake oats mixture at 350°F for 25 minutes. Remove from oven.
- ▶ Spread berry filling on top of the baked crust.
- ▶ Sprinkle reserved oats mixture on top of filling. Use a fork to press oats mixture into filling.
- ▶ Bake at 350°F for an additional 25 minutes.
- ▶ Cool in pan on a wire rack, then cut into bars.

Blackberry Muffins

Number of servings: 12

Ingredients:

- 1 cup milk
- 1 egg
- 3 tablespoons butter, melted
- 1 teaspoon vanilla extract
- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- 1 cup old-fashioned rolled oats
- 1 cup dark brown sugar, packed
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon pumpkin pie spice
- ½ teaspoon salt
- 1 ½ cups fresh blackberries

Directions:

- ▶ Heat oven to 400°F. Grease a 12-cup muffin pan or line with baking cups.
- ▶ In a small bowl, whisk together the milk, egg, butter, and vanilla. Set aside.
- ▶ In a large bowl, mix the flours, oats, brown sugar, baking powder, baking soda, pumpkin pie spice, and salt.
- ▶ Make a well in the center of the dry mixture and pour in the egg mixture. Stir until just combined. Gently fold in the blackberries.
- ▶ Divide the batter evenly into the muffin cups.
- ▶ Bake at 400°F until a toothpick inserted into the center of a muffin comes out clean, about 20 minutes.
- ▶ Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Per serving: 212 calories; 5 g fat (2 g saturated fat); 5 g protein; 39 g carbohydrate; 2 g dietary fiber; 28 mg cholesterol; 255 mg sodium.

Quick Tips

- ▶ Mix blackberries into waffle or pancake batter or top the stack when they are done.
- ▶ Blackberries are an easy “fast food” for your children.
- ▶ Wash thoroughly with running water before peeling, cutting, or eating. Do not wash produce until ready to eat.
- ▶ Mix mashed bananas, blackberries, and fruit-flavored yogurt. Spoon into muffin cups, freeze, and enjoy.

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