

Blueberries

- Rinse and drain before using.
- Enjoy raw, blend into fruit smoothies, add to cereal, oatmeal or yogurt or bake into pies or crisps.
- Take your time eating (up to 2 weeks)

Store in a covered shallow container in the fridge. Do not wash berries until ready to use.

To freeze: wash & pat dry. Place on a baking sheet in freezer and transfer to a plastic bag when frozen.

