

## Blueberry Snacks Take The Cake

(NAPSA)—Kids love to snack! And parents want to give them kid-friendly choices that are light, low-fat and packed with good nutrition. Blueberry-Topped Rice Cakes are quick treats that are so easy to make that the kids can help. These fruity snacks will be family favorites, perfect any time of the day. Two-ingredient Blueberry Frozen Yogurt is so simple, healthy and delicious, you'll make it for the kids and the grownups!

With fresh and frozen blueberries on hand, you can make yummy blueberry treats or pop them on morning cereal or blend in ice-cold smoothies. In the summer, when blueberries are most abundant, take home extra to keep in the freezer.

A one-cup serving of blueberries has only 80 calories and is a good source of vitamin C, manganese, fiber and antioxidants that our bodies need to stay healthy. Encouraging children to enjoy fruit can help establish a lifetime of good eating habits. The USDA recommends kids 4 to 8 years old consume 1 to 1½ cups of fruit every day and blueberries contribute to that daily total. Go to [www.mypyramid.gov](http://www.mypyramid.gov) for more information about the USDA dietary guidelines.

For bushels of blueberry information and recipes for snacks, breakfast, dessert and more, go to [www.blueberry.org](http://www.blueberry.org). To get a free copy of a leaflet filled with kid-friendly recipes and fun facts, send a SASE to: Welcome Aboard! Leaflet Offer, U.S. Highbush Blueberry Council, 2390 E. Bidwell St. #300, Folsom, CA 95630.

### BLUEBERRY-TOPPED RICE CAKES

- ½ cup ricotta or cottage cheese
- 2 teaspoons apricot preserves



Blueberries can be used to make many tasty treats such as Blueberry-Topped Rice Cakes.

- 4 apple-cinnamon flavored rice cakes
- 1 cup thinly-sliced fresh fruit (such as apple, pear, banana or peach)
- 1 cup fresh blueberries

In a small bowl, stir together ricotta and preserves. Spoon an equal amount on each of the rice cakes almost to the edge. On top of ricotta mixture, arrange fruit slices in circles. Top each with ¼ cup of the blueberries; serve immediately.

**Yield:** 4 portions

**Per Portion:** 150 calories, 5 g protein, 24 g carbohydrate, 4 g fat, 39 mg sodium, 16 mg cholesterol

### BLUEBERRY FROZEN YOGURT

- 2 cups frozen (unthawed) blueberries
- 1 cup low-fat vanilla yogurt

In the bowl of a food processor, pulse the frozen berries and yogurt until smooth. Serve immediately.

**Yield:** 4 (½-cup) portions

**Per Portion:** 90 Calories, 3 g protein, 19 g carbohydrate, 1 g fat, 45 mg sodium, 0 cholesterol