

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . . .*

## **"Berry" Good Food**

**Berries taste great and are good for you.**

***Raspberries \* Blackberries \* Blueberries \* Strawberries \* and more . . . . .***

- ❖ **Buy or pick berries that are fresh and ripe.**

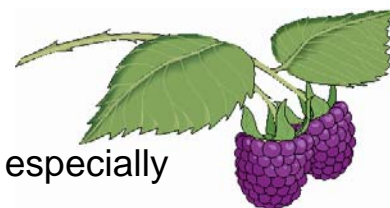
***Raspberries*** - Black, red, yellow and purple varieties.

Raspberries crush easily when ripe so handle with care especially when rinsing with water and draining.

***Blackberries*** - Solid black, dull color and soft when ripe.

***Blueberries*** - Dark, dull color and firm when ripe.

***Strawberries*** – Uniform red color, firm and a faint strawberry odor when ripe.



- ❖ **Store fresh berries in refrigerator for a couple of days or freeze for later use.**
- ❖ **Wash berries right before you are ready to serve or before you freeze them. Gently wash by rinsing under cold water for 1 minute, drain for 2 minutes.**

**Berry Delight** Makes about 2 cups; approximately 8 servings.

*Topping for a fresh bowl of fruit or use as a dip with fruit or vanilla wafers*

3 ounces low fat cream cheese, softened

2 Tbsp. sugar

8 ounces low fat vanilla yogurt

3/4 cup berries, crushed



1. Blend cream cheese and sugar.
2. Beat in yogurt and berries.
3. Refrigerate until serving.

NUTRITION FACTS (per serving) - Calories 70 ~ fat 2.5 g ~ calories from fat 20 ~ sodium 50 mg ~ total carbohydrate 10 g ~ fiber 0 g

## **Pancakes and Berries** Makes 8 fruit pancakes.

3 cups berries, fresh or frozen	1/2 tsp. salt
1/2 cup jam or fruit preserves	1 cup low fat or skim milk
1 1/4 cups all-purpose flour	2 Tbsp. melted margarine or oil
3 tsp. baking powder	1 egg, slightly beaten
1 Tbsp. sugar	



1. In a large saucepan, mix berries with preserves. Cook over medium heat until slightly thickened, about 5 minutes. Set aside.
2. Sift dry ingredients (flour, baking powder, sugar, and salt) together.
3. Combine milk, margarine, and egg. Add to dry ingredients, stirring just until moistened.
4. Cook on hot, greased frying pan/skillet. Make 8 pancakes.
5. Place berry mixture in center of each pancake. Roll up and transfer to serving plate.
6. Drizzle berry mixture on top of rolled pancakes and serve.

NUTRITION FACTS (per serving) - Calories 200 ~ fat 4 g ~ calories from fat 35 ~ sodium 410 mg ~ total carbohydrate 36 g ~ fiber 2 g

## **Berries Are Good To Eat Anytime Of Day – Fresh are good in season, frozen are good all the time.**

- ❖ Top your breakfast cereals, pancakes, or waffles with berries.
- ❖ Toss berries into your salads.
- ❖ Add berries to cottage cheese or low fat yogurts.
- ❖ Top unfrosted cake, frozen yogurt or ice milk with berries.
- ❖ Eat plain berries for a snack.
- ❖ Make a “berry” good smoothie.



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