



Blueberry Recipes for Kids



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EASY – Recipes for Kids! No-Bake



BLUEBERRY CEREAL BAR



INGREDIENTS

- 1 Cup natural peanut butter
- 1/2 Cup honey
- 1/3 Cup melted coconut oil
- 1 Teaspoon vanilla extract
- 6 Cups brown rice cereal
- 1 Cup slivered almonds
- 1 Cup Fresh or Frozen Blueberries

INSTRUCTIONS

1. Line 9-inch baking pan with enough parchment paper to overhang edges; set aside. In a small saucepan, heat peanut butter, honey and coconut oil over medium heat; cook for 3 to 5 minutes or until smooth and melted. Stir in vanilla.
2. In a large bowl, toss together rice cereal and peanut butter mixture until well coated. Fold in almonds and blueberries.
3. Press into prepared pan; refrigerate for 1 to 2 hours, or until set. Cut into bars.

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TOOLS

- 9-inch baking pan
- Parchment Paper
- Saucepan
- Stovetop
- Spoon
- Fridge

Portions: 8

Prep Time: 10 mins + 2 hours standing



Frosted Blueberry Snack Mix



INGREDIENTS

- 2 cups mini pretzels
- 2 cups wheat cereal squares
- 2 cups Cheerio's cereal
- 1 cup unsweetened dried blueberries
- 1 cup lightly salted peanuts
- 1 cup white chocolate chips, melted
- 1/2 cup powdered sugar

TOOLS

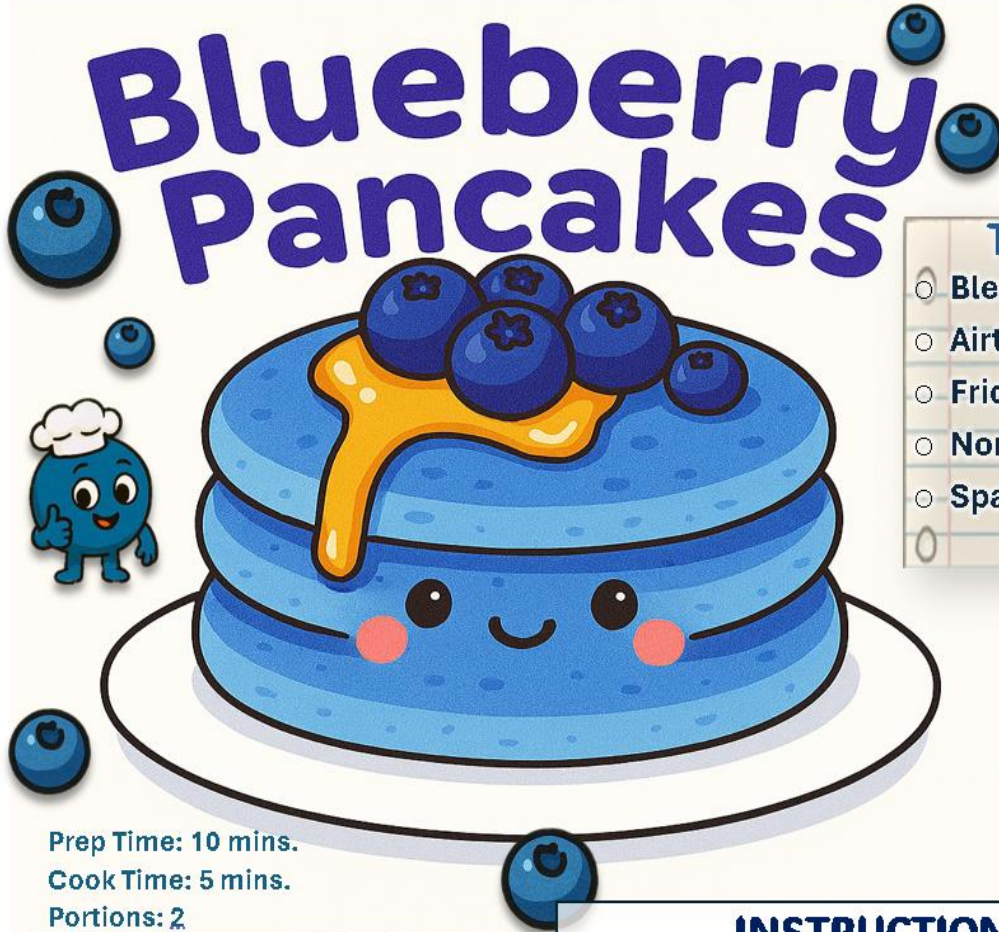
- Large bowl
- Parchment Paper

INSTRUCTIONS

1. In a large bowl, toss together pretzels, wheat cereal squares, cereal O's, dried blueberries, and peanuts. Drizzle with chocolate; toss until well coated. Spread mixture in a single layer on parchment paper-lined pan. Dust with icing sugar.
2. Let stand until chocolate is set and hardened. Break into clusters to serve or pack in holiday gift bags.

Prep Time: 10 mins
Cook Time: 5 mins
Portions: 36

Blueberry Pancakes



TOOLS

- Blender
- Airtight container
- Fridge
- Non-stick griddle
- Spatula

Prep Time: 10 mins.

Cook Time: 5 mins.

Portions: 2

INGREDIENTS

Blueberry Puree

- 1 Pint Fresh Blueberries
- 3 Tablespoons granulated sugar

Batter

- 1 1/4 Cup bread flour
- 1 1/4 Cup 2% milk
- 1 Egg
- 2 Tablespoons vegetable oil
- 4 Tablespoons blueberry puree
- 1/2 Teaspoon baking soda

INSTRUCTIONS

Blueberry Puree

1. Blend blueberries and sugar together until fully pureed. Reserve 4 tablespoons of puree for pancake batter. Store remaining puree in an airtight container in the refrigerator.

Batter

1. Add the reserved 4 tablespoons of blueberry puree and all remaining ingredients to your blender and blend on medium for at least 1 minute.
2. Preheat your non-stick griddle on medium heat.
3. Cook each pancake on both sides until fully cooked. Serve with blueberries and warm syrup.

CHOCOLATE BLUEBERRY YOGURT CLUSTERS

Grab a
boost of
blue



Prep Time: 15 mins + 1 hour 15 mins freezing time

Portions: 12

INSTRUCTIONS

1. Line a large baking sheet with parchment paper.
2. In a medium bowl, gently stir together blueberries and yogurt. Scoop small dollops (approximately 2 tablespoons) onto prepared baking sheet. Freeze for 1 hour or until firm.
3. In medium microwave-safe bowl, stir together chocolate chips, coconut oil and salt. Microwave on medium power, stirring every 30 seconds, for 1 to 2 minutes or until smooth and melted. Let cool slightly for about 5 minutes.
4. Using 2 forks, dip frozen yogurt clusters into melted chocolate, letting excess drip back into the bowl. Return to prepared baking sheet. Freeze until chocolate is set and firm, about 15 minutes.

INGREDIENTS

- 1 cup Blueberries
- 1 cup vanilla Greek yogurt
- 1 cup semisweet chocolate chips
- 1 tablespoon coconut oil
- 1/8 teaspoon salt

TOOLS

- Baking Sheet
- Parchment Paper
- Spoon
- Microwave-Safe bowl.
- Freezer
- Microwave





BLUEBERRY OAT



SMOOTHIE

INGREDIENTS

- ½ Cup old-fashioned rolled oats
- 2 Cup frozen Blueberries
- 1 Container (5.3 oz) Non-Fat Blueberry Greek Yogurt
- Banana
- ½ Cup Coconut Water
- 2 Tablespoons Honey

INSTRUCTIONS

1. In blender, process oats for 30 seconds.
2. Add remaining ingredients and puree blended.

